

Mindful Sands Counselling



Gladstone Monthly Parent Support Group

Venue – Sunflower Room at Gladstone Mindcare 147 Goondoon St

Topics Include

- Managing Screentime
- Strengthening Our Kids Mental Health
 - What Teens Need
- Boundaries and Keeping Your Relationship Intact
 - Parent Self Care
- Tricky Friendship Days and How to Support Them
 - Building Family Relationships
- Supporting Our Kids and Their Anxious Moments

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A MESSAGE FROM SAM

This journey can be isolating and challenging at times. My vision is to create a monthly parent support group to form non-judgmental care together in our community and have space to be seen, heard and validated. We may even learn a few things along the way!

Parenting comes with so many different moments. Some are great and others we probably wish we didn't have to deal with! Good news is, our children don't need us to be perfect.. thank goodness for that! They need us to be enough. For us to be a respectful, loving, safe adult and supporter in their worlds. Some days we'll nail it brilliantly and others not so much.

But that's what parenting is all about. It's acknowledging our human-ness of being human. Learning when to press pause, to re-visit a moment and make amends, to forge through, make mistakes and find what works best for us and our families.