



# BLACK BOX Parenting Group

**FOR MOTHERS WHO HAVE EXPERIENCED DOMESTIC FAMILY VIOLENCE**

The ***Black Box Parenting Program*** is an innovative program developed specifically for the challenges after trauma. The program is a great, non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after experiencing family violence.

**Topics include:**

- The effects of trauma on the brain
- How attachment disruption affects behaviour and the parenting bond
- Understanding child and parent reactions in the context of past experience and sociocultural influences
- Discussion on the differences between regret, guilt and shame and their effect on parenting

**Where:** Peninsula Women's Health Centre;  
20A McMasters Rd, Woy Woy

**When:** 5 Face-to Face sessions on Wednesdays  
24<sup>th</sup> July, 7<sup>th</sup>, 21<sup>st</sup> August, 4<sup>th</sup> and 18<sup>th</sup> September 2019

**5 Telephone sessions on Wednesdays**  
31<sup>st</sup> July, 14<sup>th</sup>, 28<sup>th</sup> August, 11<sup>th</sup> and 25<sup>th</sup> September  
2019

**Time:** 9:30am-11:30am

*Limited free childcare available; bookings essential!*

**Call 4340 1585 to book into the group and childcare**

