

# Appreciative Parenting Learning Circle



Develop your Appreciative Eye - find and create joy with your child

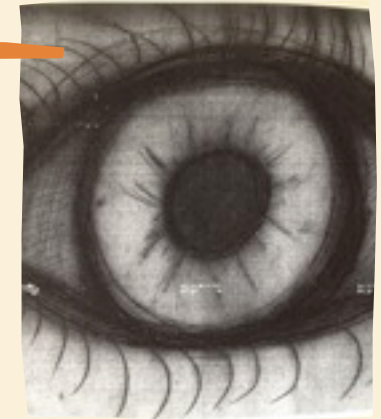
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## About Learning Circles

Learning Circles use the principles of Appreciative Living to help us develop our "Appreciative Eye" and apply it to parenting during 4 x 90 minute sessions.



Using our Appreciative Eye we look for the parenting moments that strengthen and energise us. In focusing on these positive moments we shift who we are as parents and shape who we and our children might become. We take time to imagine what we might like our parenting to be like, and we surprise ourselves with the creative paths we find to achieve these ends.

This practical program gives you the skills and perspectives you need to parent in a way that nurtures happiness and joy for you and your children.

A group of 5 - 7 participants work together to unpack the transformative power of the appreciative eye in their parenting using structured exercises & discussion.

There are 10 minutes of exercises to do each day and a little bit of reading (the books/workbooks are supplied as part of the program).

Learning Circles are facilitated by Tracey Burgess-Limerick, PhD, Registered Psychologist, and are an initiative of Grey Clouds Blue Skies at Indooroopilly Uniting Church.

A single donation of \$20 is appreciated to partly cover associated costs.

Register now by calling Tracey, 0412 076 359 or email [gcbssc@gmail.com](mailto:gcbssc@gmail.com)

### When

Tuesdays  
6, 13, 20, & 27 May  
8.45 am - 10.15 am

### Where

The Rainbow Community Centre  
982 Moggill Road  
(Behind the Uniting Church)