

A photograph of a young child with curly hair, wearing a light-colored jacket, holding onto the leg of an adult. The background is a bright, sunlit outdoor area with greenery. The photo is framed by a yellow, wavy border.

PARENTS UNDER PRESSURE (PUP)

GROUP PARENTING PROGRAM

The PuP parenting program aims to help parents develop positive and secure relationships with their children. Using a strength-based approach, this program helps support the family environment to become more nurturing, and less conflictual. Parents will learn strategies to identify and manage their emotions, while supporting their child.

When: 7th May, 14th May, 21st May, 28th May, 4th Jun, 11th Jun & 18th Jun 2025

Time: 10am-12pm

Where: Industry Development Centre University of Newcastle (University Dr, Callaghan NSW 2308)

FREE

We are unable to provide childcare

Register: Michele Knight

0447 611 724

Light refreshments will be available

PuP