

Family wellbeing during COVID-19



Practical tips and strategies to make the most of family time and manage family conflict.

In this practical 90 minute parenting seminar, hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies to help in managing household conflict.

Suitable for parents with preschool or primary school aged children who want positive family relationships during COVID-19 and beyond.

What will be covered:

- Making the most of family time
- Using routines to support wellbeing
- Communication tips for building positive relationships
- Managing sibling flights and family conflict

“I thoroughly enjoyed Joan’s parenting webinar, I learnt some great practical tips and tricks, but more than anything it gave me insight to view my situation from a different perspective, all from the comfort of my lounge room”.



When: Tuesday 23 November 21

Time: 7.00pm to 8.30pm

Cost: \$25 per adult, \$40 per couple

Bookings: Essential via

<https://www.trybooking.com/BUTUH>



For more information

Please contact Joan Lauricella, Family Support Worker at joan.lauricella@healthability.org.au or phone 9430 9100

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