



## Wellbeing for Mums and Dads (online)

**Supporting your family to thrive - strategies for wellbeing in your life as a parent.**

This evidence informed workshop presents a variety of strategies for building in self care and is suitable for parents of children of all ages. Strategies discussed will include:

- the Parenting by Connection tool of Listening Partnerships;
- simple daily activities to relieve stress and build connection;
- matrixes, reminders and plans to help you prioritise your wellbeing.

### Event Details

**When** Wednesday 8<sup>th</sup> July 2020 8pm-10pm

**Where** Online via Zoom – meeting details sent on registration

**Note** Not all content is suitable for little ears – please have a private, quiet place to access the videoconference from.

FREE, please book your place.

**Further Information** Contact Belynda Smith on [belynda.smith@meerilinga.org.au](mailto:belynda.smith@meerilinga.org.au) to book your place.

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SOUTH WEST METROPOLITAN PARENTING PARTNERSHIP

