

## 10 WEEK WORKSHOP

# STRENGTHENING & RAISING

*~ healthy families ~*

THE SESSIONS IN THE WORKSHOP ARE DESIGNED FOR PARENTS/CAREGIVERS TO ATTEND ONLY

PLEASE NOTE: BABIES/CHILDREN CANNOT BE ACCOMMODATED AT THIS WORKSHOP

Join us for an informative 10-week free program focusing on the importance of raising healthy families

Key topics from a range of guest speakers

- respectful relationships
- positive parenting
- importance of play
- safety for parents and children
- healthy eating
- child development & needs
- emotional regulation
- family rules & routines

...and more!

**10-week program every Thursday**

**Places limited to 20 participants**

10:00am - 12:00pm

16 April 2020 to 18 June 2020

**Westall Community Hub**

35 Fairbank Road Clayton South

**Morning tea provided**

**Registrations close Thursday 9 April 2020**

**Kingston Family Support Service**

t 9581 4860 e [Family.Services@kingston.vic.gov.au](mailto:Family.Services@kingston.vic.gov.au)

Ranka Trisic on 8551 1202 or Emma Matar 9581 4647



City of  
KINGSTON