

8 WEEK WORKSHOP

# STRENGTHENING & RAISING

*~ healthy families ~*

Join us for an informative 8-week free program focusing on the importance of raising healthy families

## Key topics from a range of guest speakers

- child development
- focus on child needs
- school age behaviour - what to expect
- encouraging good behaviour/logical consequences
- family routine
- bedtime routine
- morning routine / getting ready for school
- family rules
- mindful parenting

*...and more!*

**8-week program every Wednesday**

**9.30am - 11am**

15 August to 5 September and

14 November to 5 December

**Westall Community Hub** 35 Fairbank Road Clayton South

**FREE**  
*bookings essential*

 **MORNING TEA** *provided*

**Registrations close Wednesday 8 August 2018**  
**Bookings and enquiries to Lesley-Ann 1300 369 436**  
**[youth.services@kingston.vic.gov.au](mailto:youth.services@kingston.vic.gov.au)**