



Balancing it all - preventing parental burnout



In this insightful and practical webinar, Clinical Psychologist Frances Bilbao explores how to recognise and prevent parental burnout, manage competing demands, and cultivate stronger connections within your family.

This session is ideal for parents, caregivers and professionals who support families. Walk away with real-world tools to restore balance, resilience and joy in family life.

This event is presented in partnership with Mums Matter Psychology.

Bookings essential.

When: Thursday 17 September, 7.30-9pm, online

Bookings:

www.maribyrnong.vic.gov.au/Events/Balancing-It-All-preventing-parental-burnout

More information: 9688 0211 or infoearlyyears@maribyrnong.vic.gov.au