



# Parental Burnout.

STRATEGIES TO OVERCOME THE STRESSES OF PARENTING

## ONLINE VIA ZOOM

Presented by Frances Bilbao, Clinical Psychologist and founder of Mums Matter Psychology group

This presentation will help if you are finding the stress of parenting difficult to manage.

When daily stress becomes chronic it can turn into parental burnout. This is an intense exhaustion that leads parents to feeling detached from their children and unsure of their parenting abilities, distinct from other forms of burnout.

### This session covers

- What is burnout
- How burnout can show up in your life
- What is putting you at risk
- Skills to reduce risk and start feeling better

This session is designed for parents of children of all ages.

### DATE

Thursday 19 October 7.00pm

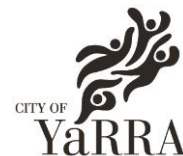
### TO REGISTER OR LEARN MORE

Visit our parenting page via the QR code or link.

<https://www.yarracity.vic.gov.au/services/family-and-children/parenting-and-support-services>



Parenting Education



## Contact us

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