



PARENT WEBINAR

REDUCING CHAOS & INCREASING CALM

Practical ideas and strategies for reducing the chaos and increasing the calm vibes for everyone in your household.

TOPICS INCLUDE:

- Ideas to help set up the start of the day so it just feels better for everyone.
- How to make space for big feelings so your day can stay on track.
- Ways to help your day feel less rushed and 'crazy busy'.
- How to (and why you really need to) find a way to weave some mindfulness into each day.
- Strategies to help reduce conflict through healthy communication and connection .

**THURSDAY
17 AUGUST**

**7.30PM
(60 MINS)**

HOLY CROSS PRIMARY SCHOOL

www.bit.ly/increasecalm

Register to attend the webinar live &/or receive access to the replay

**Carley
McGauran**

Psychologist and
Mum to 3 primary
and secondary
aged kids

