



# Monbulk Thriving Families Workshop

This workshop is for **parents and carers** who are keen to hear practical strategies, ideas and encouragement on supporting your family to thrive.



For many families, home is far from a haven from the rush of life. Instead, it's a war zone where parents are stretched and often pushed to breaking point. This leaves many parenting to survive rather than parenting to make their household thrive. Join Paediatric Occupational Therapist, Hannah Gamble as we explore keys to establishing a positive family culture in your home. Thriving Families is for all and includes strategies to support siblings of children with additional needs.

This workshop will explore the ingredients of love, affirmation, and boundaries. You will learn how to parent from your value system, create a calm home environment, foster an attitude of gratitude in your kids, develop family rituals, nurture your own needs, integrate sensory support into each day and much more.

**Presenter:** Hannah Gamble, Paediatric Occupational Therapist  
Thrive Occupational Therapy for Kids

**Date:** Tuesday 30<sup>th</sup> April 2019

**Time:** 7pm – 9pm with doors open from 6:30pm

**Price:** \$15 including GST (tickets only available online and not at the door)

**Location:** Monbulk Living and Learning Centre - 21 Main Road, Monbulk

**To book your ticket:** <https://www.eventbrite.com/e/monbulk-thriving-families-tickets-53371524667>

[www.spectrumjourneys.org.au](http://www.spectrumjourneys.org.au)

*For more details, visit the Spectrum Journeys Facebook Page and join the Thriving Families Event Page for updates*

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*This workshop has been generously supported by the Yarra Ranges Bendigo Bank Community Branches*