



Wellbeing for Mums and Dads (online)

Strategies for Mums, Dads and carers to prioritise their own wellbeing and return to parenting refreshed!

This evidence informed workshop presents a variety of strategies for focusing on self care and is suitable for parents of children of all ages. Strategies discussed will include:

- the Parenting by Connection tool of Listening Partnerships;
- simple daily activities to relieve stress and build connection;
- matrixes, reminders and plans to help you prioritise your wellbeing.

Event Details

- When** Wednesday 25th November 8pm-10pm
- Where** Online via Zoom – meeting details sent on registration
- Note** Not all content is suitable for little ears – please have a private, quiet place to access the videoconference from.
- To book** FREE, please book your place at <https://us02web.zoom.us/j/84461212693>

Further Information Contact Belynda Smith on belynda.smith@meerilinga.org.au

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