



POSITIVE PARENTING STRATEGIES: Self-Care for Challenging Times PARENTS BUILDING SOLUTIONS

- Does your home sometimes feel like a battleground?
- Are you feeling discouraged or overwhelmed?
- Are you juggling work, parenting and life with no time for yourself?
- Did you know that your children will learn about healthy life boundaries and self-care by observing you (no pressure!)?

Parenting is one of the toughest jobs you will ever do, with many challenges that can feel overwhelming at times. It is normal for parents to feel many of these emotions and you are not alone.

These sessions will explore how to create space and practice self-care so that it does not feel like another thing to add to your "To Do" list.

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills.

DATE: Tuesday, 25th August (Session 1)
Tuesday, 15th September (Session 2)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Please note: this session will **NOT** be recorded

COST: FREE!

For more information, contact:

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Use the QR code or this link:
<https://events.humanitix.com/positive-parenting-strategies-self-care-for-challenging-times>

Registrations close at 4.00 p.m. the day before the first session