



## Parental Wellbeing and Self-Care

Are you feeling burnt out and overwhelmed by everyday parenting tasks? Do you want to?

- Understand your coping patterns and habits.
- Build your resilience and be able to set boundaries.
- Manage your stress.
- Make time for yourself and your family.

Come along to this interactive session to share experiences and learn new strategies that will support you to prioritize your health and wellbeing.

**DATE:** Monday 24th June 2024

**TIME:** 6.00pm - 7.30pm

**WHERE:** Online via Zoom

**BOOKINGS:**

For bookings via trybooking link below:  
<https://www.trybooking.com/CQOKM>  
Enquiries contact ParentZone Northern on  
03 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



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