

PARENTING: BACK TO BASICS WORKSHOP SERIES

Have hectic schedules, screens, and changing family dynamics caused you to fall into reactive parenting? Sometimes revisiting the basics can help refresh our approach and get us back being the proactive mums and dads we always wanted to be.



## Sat 2:30pm-4:30pm

- 18 May: The building blocks of good parenting
- 25 May: Connecting with our kids
- 1 June: Getting to know ourselves and our kids

COST: \$100 PER COUPLE



