

Max from Family Support Newcastle, invites mums, dads & others who have a role in raising children, to

10 things that help parents

For all parents who want more fun and love in their relationships.
"I wish I had known these before I started"



Topics to be covered:

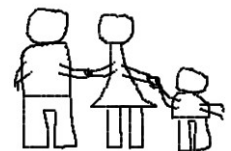
- Looking after yourself
- Emotions & relationships
- What your child/partner needs
- Being at your best when trouble arrives
- Love languages & better communication

When: November 14th

Time: Tuesday 10 - 2.30

Light lunch provided.

Where: Thou-Walla Schools as Community Centre
Irrawang Public School
Geer Street, Raymond Terrace



FREE CHILDREN'S GROUP AVAILABLE ON PREMISES

To make a booking or for further inquiries
please call Gina on **4987 4666**



Family Support Newcastle
your family, our community.

The Men and Family Relationships Project is funded by the Australian Government and auspiced by Family Support Newcastle.

