

MENTAL HEALTH &
WELLNESS EVENT

ELEPHANT IN THE LOUNGE ROOM SERIES

*STARTING A
CONVERSATION*

T E R M 2 P R O G R A M M E

T U E S D A Y E V E N I N G S

8 - 9 P M

0 3 M A Y

P R A C T I C A L P A R E N T I N G
I S N ' T I T H A R D S O M E D A Y S

2 4 M A Y

P O S T N A T A L D E P R E S S I O N
C H A N G E D M Y P A R E N T I N G
J O U R N E Y

1 4 J U N E

R A I S I N G A C H I L D W I T H
S P E C I A L N E E D S

2 8 J U N E

T H E P L A Y G R O U N D
F R I E N D ' S H I P '

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T E R M 3 P R O G R A M M E

T U E S D A Y E V E N I N G S

8 - 9 P M

2 6 J U L Y

C Y B E R S A F E T Y , T R O L L I N G
A N D S E X T I N G

1 6 A U G U S T

F O R B E T T E R , F O R W O R S E
P U T T I N G M A R R I A G E O N T H E
A G E N D A

3 0 A U G U S T

N A V I G A T I N G N D I S A N D
S U P P O R T S E R V I C E S F O R
O U R C H I L D R E N

1 4 S E P T E M B E R

A M I A G O O D D A D ?
I W A N T T O B E

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**Register your interest now
by scanning this QR code**



P&F Mental Health & Wellness Initiative invite you to join us and start a conversation on some topics that are known to challenge our wellness as parents but are often hard to talk about. You are welcome to join on Zoom and chat with us or join on zoom and listen anonymously. These sessions are not designed to be therapeutic in nature but simply parents gathering to have a yarn. With a cup of tea or a glass of something stronger.

**If you have any questions, please don't
hesitate to reach out.**

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