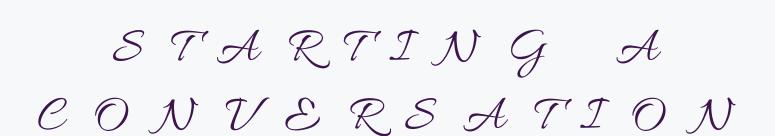
MENTAL HEALTH & WELLNESS EVENT

ELEPHANT IN THE LOUNGE ROOM SERIES



TERM 2 PROGRAMME

TUESDAY EVENINGS 8-9PM

0 3 M A Y

PRACTICAL PARENTING
ISN'T IT HARD SOME DAYS

2 4 M A Y

POSTNATAL DEPRESSION CHANGED MY PARENTING JOURNEY

1 4 J U N E

RAISING A CHILD WITH SPECIAL NEEDS

2 8 J U N E

THE PLAYGROUND FRIEND 'SHIP'

REGISTER NOW

http://tix.yt/elephant-in-the-lounge-room

TERM 3 PROGRAMME

TUESDAY EVENINGS 8-9PM

2 6 J U L Y

CYBER SAFETY, TROLLING AND SEXTING

1 6 AUGUST

FOR BETTER, FOR WORSE
PUTTING MARRIAGE ON THE
AGENDA

3 0 A U G U S T

NAVIGATING NDIS AND SUPPORT SERVICES FOR OUR CHILDREN

14 SEPTEMBER

AMIAGOOD DAD?
IWANT TO BE

REGISTER NOW

http://tix.yt/elephant-in-the-lounge-room

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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on Facebook and Instagram