

ONLINE HOT TOPIC



Resilient Mums: adjusting to life with young children

COST: \$33
(15% off for VPC members)

WHEN: On demand

WHERE: Online at www.theresiliencecentre.com.au

Contact Victorian Parents Council
for membership discount!

Having children impacts every part of your life – your body, sleep, emotions, thoughts and relationships.

This seminar will:

- * Look at strategies for managing the intense feelings and worries that often come with motherhood.
- * Offer practical ideas for self-care and staying calm
- * Provide tips for developing realistic expectations of yourself and your children
- * Ruth will bring warmth, humour and honesty to this very important topic.

A COLLABORATION BETWEEN THE RESILIENCE CENTRE AND VICTORIAN PARENTS COUNCIL



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