

Parent Wellbeing Discussion Groups Semester 2, 2018



Parent Wellbeing Discussion Groups are designed to bring us together on the all important topics regarding our children's wellbeing. These sessions will run monthly throughout the year. We will alternate between a Friday afternoon session before pick-up and a Thursday evening session.

Thursday Evening Sessions - 6 - 7pm (Library)
Friday Afternoon Sessions - 2.30 - 3.30pm (TBC)

TERM 3

JULY 26th (Thursday Evening)
Social Media & Technology use

AUGUST 24th (Friday Day)
The importance of food, sleep & warmth

SEPTEMBER 13th (Thursday Evening)
Parent-Child Dynamics

TERM 4

OCTOBER 19th (Friday Day)
Connecting with Kids – how to do this effectively

NOVEMBER 15th (Thursday Evening)
Understanding menstruation & how to talk to your children about it.

DECEMBER 14th (Friday Day)
Preparing for teenage years

To register please email - toorakps@edumail.vic.gov.au