

# READY STEADY FAMILY

HELP FOR NEW PARENTS (BABIES WELCOME!)



All new parents are invited to a fun 2 hour session on navigating your new role as a mum or dad (babies come along as well of course).

We will:

- > Talk about what's changed and why!
- > Generate some ideas for coping with the ups and downs
- > Look at the roles we play in our new families
- > Look at how to stay reasonably happy and healthy ourselves
- > Identify warning signs to be aware of (preventing problems)
- > Meet some others with the same challenges

Come along with your partner or a support person or friend.

**Saturdays:** 23 Feb, 27 April, 29 June, 10 Aug, 19 Oct, 7 Dec (just attend one of these)

Time: 10am-12 noon  
At 100 Drummond St  
Carlton

**Bookings essential at**  
[www.ds.org.au](http://www.ds.org.au)

**\$10 per couple, refreshments provided**

