

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.

Saturday:
14th September
Time: 10am-12 noon
At The Drummond Street
Services office at (Level 2)
81A Elgar Road
Derrimut
Bookings essential at
www.ds.org.au

\$10 per couple, refreshments provided