



2016 237

GRANDPARENTING SEMINARS

SESSION 1:

- What does it mean to be a grandparent in today's world of changing expectations and needs.
- What are YOUR needs?

SESSION 2:

- Self-care: How do you look after yourself?

SESSION 3:

- How do you manage your relationships with your children now they are parents?
- What does discipline look like now, compared to when you were parenting?

SESSION 4:

- Financial considerations. How do you help out whilst meeting your own financial needs

SESSION 5:

- Resilience: How do you manage to offer support whilst maintaining your own mental and physical health?

WHO:

Grandparents and Carers

WHEN:

Tuesdays, 9th Aug to 6th Sept 2016

TIME:

1pm to 3pm

WHERE:

Mulgrave Neighbourhood House
36 – 42 Mackie Road, Mulgrave

BOOKINGS:

Please contact Julia at Parentzone on
9735 6190 or 0400 866 495
Email: julia.russell@anglicarevic.org.au

COST:

FREE ** Bookings are essential
as places are limited

