



PARENTING INFORMATION FORUM

Supporting Parents, Grandparents and Carers

Let's talk about being a Grandparent

Being a grandparent can be such a rewarding experience but let's face it, it can also be exhausting and sometimes challenging.

Most grandparents love spending time with their grandchildren and there is no doubt that children benefit from such a valuable relationship but Grandparents also need to take care of themselves. This forum celebrates the important role that grandparents play in our society as guardians of families' individual and cultural memories, as well as providing unconditional love and care to their grandchildren.

Julia Russell will talk to grandparents about what it is to be a grandparent. Julia is a Family Therapist/Parent Educator/Group Facilitator. Julia is also a parent of three grown up children and has two grandchildren and another on the way. Julia cares for her grandchildren one day a week and also provides ad-hoc care and often overnight care on weekends.

Date:	Tuesday 4 October 2016
Time:	9.45am-12pm (Morning tea provided)
Venue:	Waratah Room, Whitehorse Centre, 397 Whitehorse Road, Nunawading (rear of Nunawading Library)
Bookings:	Bookings are essential. Please call Neil Rogers on 9262 6477 or email neil.rogers@whitehorse.vic.gov.au
Cost:	Free
Other Information:	<ul style="list-style-type: none">• There will be Auslan interpreters available if required. Please indicate if you require Auslan interpreters when you book.• Please note we are unable to accommodate children.

