

Learning is not
a race for information,
it's a walk of discovery.



TAKE CARE OF YOURSELF

**An interactive dynamic 8 week
program to inspire and support parents of young children.**

- ♦ Learn to relax
- ♦ Discover your strengths
- ♦ What is your self-talk?
- ♦ Develop a positive attitude
- ♦ Learn to become mindful
- ♦ Create a collage of you
- ♦ Learn to listen well
- ♦ How assertive are you?

Thursday

10th August—28th September

1.00– 3.00 pm

**At O' Sullivan Beach Children's
Centre.**

Afternoon tea provided

To secure a place phone Jo or Steph : 8382 2850

Email : joanne.renshaw@sa.gov.au

Crèche available—limited places

Facilitator Rose Boswell (B.A.; Dip. Ed.; B.Soc.Sc.)

