

Coping with Stress



Being a parent is busy and demanding. In the current circumstances the demands on parents have increased.

Join us for this Webex workshop to gain some information and strategies on how to recognise and manage stress and remain calm and consistent with your parenting.

Date: Tuesday 12 May 2020

Time: 1.30pm – 2.30pm (login at 1.15pm)

Venue: Webex (online webplatform)

To Register: Call 9398 8720 or Email: CPCGosnells@centrecare.com.au

* Please note that you will need to access to the internet and will need both audio and video connection. Please be aware this will use your data allowance

**Registrations
essential**

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