



Raising Happy Healthy Kids



Parenting Primary Schoolers Seminar

You are invited to a seminar on raising happy healthy kids, which explores effective ways to guide kids in a healthy direction - we all know how we want them to turn outbut how do we achieve this?

Wednesday 14th October 6pm - 7.30pm

This seminar covers some parenting basics and some new ideas that can make a world of difference to both your own and you children's experience, including:

- Communicating better ◆
- Being a good role model..... without trying to be perfect ◆
- Avoiding problems like alcohol and drug abuse ◆

Helen Rimington
will present the seminar, drawing on her experiences at Parenting Australia, Tweddle Child and Family Health Service, The Royal Children's Hospital's Centre for Adolescent Health and as a Primary School teacher.

Held at 195 Drummond Street, Carlton

Bookings essential

Call 9663 6733 or email sarah@dsrc.org.au

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