



*Do you find yourself frazzled at the end of the day or even exhausted on waking?*

*Do you sometimes daydream about your single, child free days again?*

*This two session workshop will assist you to find peace in parenting and help you let go of expectations. Through discussion with other parents and short practical activities you will go away with some user friendly ways to bring yourself calm and awareness, so that you can make conscious choices about the way you parent, break unhelpful habits (often those learnt from our own parents) and find more joy in parenting.*

*JOONDALUP      \$27.50 / \$18.50 concession*

*DATE              16<sup>TH</sup> & 23<sup>RD</sup> November*

*Time              6.15 – 8.30pm*

*Venue             Sanori House, 126 Grand Boulevard,*

*Register today Ann 9263 2121 or*

*Email [education@anglicarewa.org.au](mailto:education@anglicarewa.org.au)*