

WANSLEA PARENTING SERVICES
IN COLLABORATION WITH
HEALTH EMPOWER AUSTRALIA PRESENTS:

PARENT AND CHILD
WELL-BEING WORKSHOP

This workshop is designed to support parents with strategies to improve their well-being and thrive, including:

- Self-care and mental well-being for busy parents
- Mindfulness for children
- The 5 Bs for children's bedtime routines
- Build connected, healthy and happy families

10.30AM - 12PM | MONDAY 23 AUGUST
NARROGIN REGIONAL LEISURE CENTRE

Creche and light refreshments provided!

Register your interest - Esmee Ng 0430 214 474

About the Presenters:

Jeffrey Tan and Esmee Ng are recognised as leading Well-being Professionals supporting families in the West Australian community. They will share their journey and equip you with effective micro-step strategies to support the well-being of your family, and thrive through challenging times.

Supported by



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