

**FREE 2 WEEK SUPPORT WORKSHOP FOR MUMS**



# Stress Management for Mums

**With FREE CHILDCARE**

Mums—Get some free tools for harnessing your responses to stress and frustration to help you wind down and enjoy your life more

Richmond Community Services Inc. in partnership with **Windsor Professional Centre** are pleased to offer a free 2 week ongoing workshop for mums to give them tools for harnessing their responses to stressful situations.

This group over 2 sessions will assist Mums to strengthen their skills in

- Effective emotional regulation
- Challenging negative thoughts
- Using Evidence Based approaches to stress management
- Balancing demands of parenting, work and self care needs

Will be held at

**Richmond Neighbourhood Centre**  
20 West Market Street, Richmond

2 x Wednesday mornings

20th & 27th June 2018

9.30am—12noon

**BOOKING ESSENTIAL!**

Call 4588 3502 to book your place  
or Email [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)



*.....making a difference.....*

**WINDSOR**  
PROFESSIONAL CENTRE

