

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
11th & 18th September 2019
9.30am—12noon

BOOKING ESSENTIAL!

Call 4588 3502 to book your place
or Email admin@rcsi.ngo.org.au



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

WINDSOR
PROFESSIONAL CENTRE

