



calmer  
*kids*  
calmer  
*homes*

**FRIDAY**  
**NOVEMBER 17**  
10 AM - 12:30 PM

**AT COUTTS CROSSING  
PRESCHOOL:**  
8 BLACK SWAN DR.  
COUTTS CROSSING NSW

**Empowering parents and carers to  
foster resilient homes.**

In this workshop, we will delve into the art of nurturing our children within the comfort of their home environment.

We'll navigate topics like fears, worries, and anxiety, examining their influence on self-talk, and equip you with practical self-care techniques for a more harmonious family life.

**FREE EVENT AND CHILDCARE AVAILABLE**