



PARENTING INFORMATION SESSIONS 2019

FamilyCare and Mitchell Shire Council's Maternal and Child Health Services are hosting parenting information sessions for parents living in Mitchell Shire.

Sessions will aim to help you in your parenting journey, by providing practical information and tools for a range of parenting matters.



FREE for parents,
grandparents
and carers

FOR ANY FURTHER INFORMATION:

Please call Cassie at Mitchell Shire Council
Ph: 5734 6253

These sessions could be subject to change so please call or check the website to confirm details closer to the date at <https://familycare.net.au/parenting-information-sessions-2019/> (news & events page)



www.familycare.net.au



www.mitchellshire.vic.gov.au

Child FIRST (Family Information Referral and Support Team)
Please call 1800 663 107

SELF CARE FOR PARENTS

30 APRIL 10:00AM – 11:00AM

SEYMOUR Sports and Aquatic Centre
Pollard Street, Seymour

UNDERSTANDING CHILDREN'S BEHAVIOURS

11 JUNE 10:00AM – 11:00AM

BROADFORD Living and Learning Centre
158 High Street, Broadford

FEEDING BABIES AND TODDLERS

10 JULY 10:00AM – 11:00AM

WALLAN Family and Children's Centre
71 Stanley Street, Wallan

BUILDING RESILIENT FAMILIES

14 AUGUST 10:00 – 11:00AM

KILMORE Maternal and Child Health Centre
7 Skehan Place, Kilmore

YOUR TODDLER AND SLEEP:

SLEEP AND SETTLING

11 SEPTEMBER 10:00AM – 11:00AM

GREATER BEVERIDGE Community Centre
Cnr Lithgow Street and Mandalay Circuit, Beveridge

SUPPORTING GRANDPARENTS WHO ARE PRIMARY CARERS

2 OCTOBER 10:00AM – 11:00AM

SEYMOUR Sports and Aquatic Centre
Pollard Street, Seymour

READING AND PLAYING WITH CHILDREN

12 NOVEMBER 10:00AM – 11:00AM

WALLAN Family and Children's Centre
71 Stanley Street, Wallan