



PARENTING UNDER PRESSURE

Are you struggling with day to day pressure of life, finding a balance between the demands? Problem solving day to day issues overwhelming?

Come and join us for this online workshop to learn more about:

- Financial Planning and budgeting
- Diet, nutrition and exercise
- Centrelink – tips on new COVID-19 payments and benefits
- Centrelink – how to use MyGov and link your accounts
- Discover other supports available
- Action plan the changes you want in your life.

This two hour online workshop delivered by FamilyCare is for parents who would like to learn more about the above areas and take greater control over these often challenging life areas.

The workshop is funded for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)

To register or ask a question contact: Liza on 0429 908731 or lcostigan@familycare.net.au

WHEN:
Monday 19
October
2020 from
1pm to 3pm

WHERE:
Online via
WebEx

Registrations
are essential

[REGISTER
ONLINE HERE](#)

There is no
cost for this
workshop.

