



Centacare

Welcome to Parenthood for Couples

You've been to antenatal class, set up the nursery and picked the name; but where's the manual?

A free Relationship Education 90 minute workshop

Are you and your partner thinking of having a baby or do you already have a baby?

In a relaxed setting we will discuss:

- Ways to develop shared expectations of parenting
- Who will do what in caring for your baby and home
- How to keep talking to each other when you are sleep deprived
- Enjoyable ways to nurture your couple relationship

Wednesday 17 October 2018 from 7pm to 8.30pm
Level 2, 45 Wakefield Street, ADELAIDE SA 5000

Phone 8215 6700 for bookings.