

city of  
Victor Harbor



Centacare

Fleurieu  
Families

# Mindfulness and Self Care for Parents and Carers

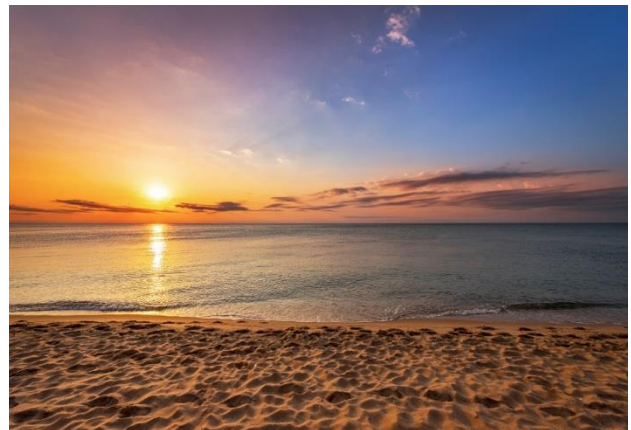
**Feeling tired and stressed? Never enough time to stop and smell the roses?  
Wanting to build on your parenting skills?**

Come along and experience this 2-hour workshop learning some simple mindfulness techniques that will enhance your parenting experience with your children.

It is time for 'Time in' to nurture yourself in a safe environment and to take away some practical tips to use at home

**Time:** 11:00am – 1:00pm  
**Date:** Tuesday 18 October 2022

**Venue:** Council Chambers  
City of Victor Harbor  
1 Bay Road,  
Victor Harbor 5211



*Please note childcare facilities are not available and children cannot be present at this course*

**Bookings essential. Please contact Amelia on 8551 0500 or email your details to:  
fleurieufamilies@victor.sa.gov.au**

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[www.centacare.org.au](http://www.centacare.org.au)