



# 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](http://www.familycare.net.au)



[www.mitchellshire.vic.gov.au](http://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