



# Free Workshop – 6 Sessions

## “Give Yourself a Break”

Koorana invites you to attend a 6 session workshop, over six Mondays, focusing on taking care of your needs whilst caring for your child with a disability.

### WHO:

All parents and carers of children 0-18 years with a disability living in the Bankstown area

### TOPICS:

Impact of Parenting  
Social Wellness  
Adapting & Adjusting  
Self Care & Relaxation  
Stress Management & Coping Strategies  
Communicating Your Needs

### WHEN:

6 Monday Mornings from 31 October to Monday 5 December, 2011  
10 am to 12 pm (Morning tea provided)

### WHERE:

Recreation Sports & Aquatics Club 11 Greenfield Pde, Bankstown

### CHILD CARE:

Please request child care when you register as places are limited.

### PARKING:

Free parking available in the Bankstown Sports Club (on opposite side of road)

### REGISTER BY:

Friday 21 October, 2011 (Places are limited)

### To register or to request child care, contact:

**Phone** Tania on 9750 4100 or **email** [deb@koorana.org.au](mailto:deb@koorana.org.au) / [renee@koorana.org.au](mailto:renee@koorana.org.au)

Please provide your name, contact details and number and age of children requiring childcare.

You will be contacted to confirm your place.

