

Small changes,
big differences.



Free 2 hour Parenting Workshop

Bedtime Routines

It can be exhausting for the whole family when there are problems at bedtime.

Come along to this group to develop strategies for good bedtime routines for children.

For parents/carers of children aged 3 to 8 years

VENUE:	Child and Parent Centre, Ecclestone St Carey Park
DATE:	Monday March 30 th 2020
TIME:	12.30pm- 2.30pm
FACILITATORS:	Sharon Williams – Child Health Nurse
CRECHE available:	please call the Child and Parent Centre to book on 9721 6991

For Bookings or Information: Phone 97952888



Government of Western Australia
WA Country Health Service

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