



GRATITUDE, EMPATHY & MINDFULNESS

- Why are Gratitude, Empathy and Mindfulness important?
- How do they help us increase connection with our families?
- How do they help us raise emotionally intelligent children?
- How do we make gratitude, empathy and mindfulness fit into our busy and stressful lives?

If you are interested in discussing these important topics with other parents and getting some practical tips and strategies, come along and talk about what works.

When:	Thursday 15th March 2018 7.00pm - 9.30pm
Venue:	Park Orchards Community House & Learning Centre 572 Park Rd, Park Orchards
Cost:	FREE but bookings are essential
Contact:	Julia Russell Parentzone 9735 6190 or 0400 866 495