

**ARE YOU A PARENT WITH A CHILD
AGED 0-5 YEARS?**

**DO YOU STRUGGLE WITH
OVERWHELM OR LOW
MOOD?
YOU ARE NOT
ALONE.....
THRIVE**



**A 4 WEEK PROGRAM USING THERAPEUTIC
TECHNIQUES**

**AND SUPPORT TO PROMOTE MENTAL HEALTH AND
WELLBEING IN PARENTS AND CHILDREN**

Where: The Cube, Wodonga

When: TBA

4 weeks @ 10:30 -12:00pm

Completely free!

TO REGISTER NOW

call/email Sophie Clarke- 0473460683

earlyhelp@junction.org.au



Ovens & Murray Early Help