

Structuring Family Routines



Richmond Community Services Inc in partnership with Windsor Professional Centre are pleased to offer

**A FREE WORKSHOP FOR FAMILIES
WITH FREE CHILDCARE**

This workshop will provide basic, easy to follow tips and tricks to have an easy going family routine.

You will learn simple ways to manage your home duties without feeling overwhelmed every day!

You will learn how to communicate effectively with other family members so that everyone at home is involved.

You will learn to manage stress in a healthy way through regular self care solutions.

If you think the above points will benefit your home, please book in. This workshop is for everybody.



WHEN: Wednesday 17th May 2023

TIME: 9:30am - 12pm

**Where: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW**

Bookings essential!

To Book call: 4588 3502

Or e-mail admin@rcsi.ngo.org.au



...making a difference...

