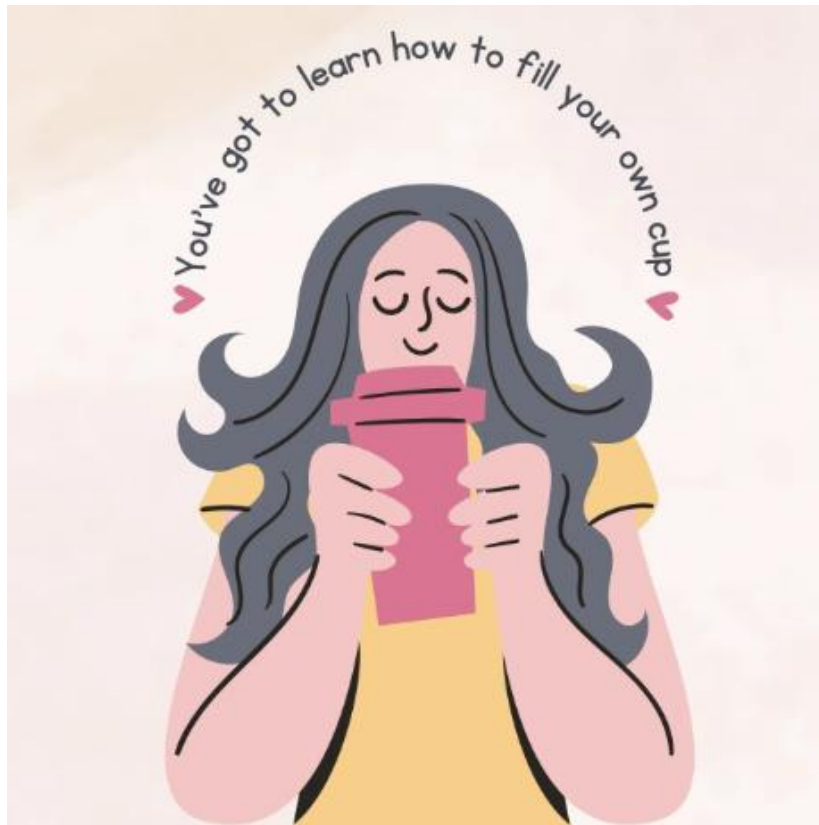


Filling Your Cup

Take time to refill your own cup so you can continue to pour into your family.

‘Filling Your Cup’ is a supportive workshop designed for parents to explore the importance of self-care, balance, and wellbeing.

You’ll learn how to recognise your own needs, manage stress, and create space for personal renewal – because when parents are nurtured, children thrive too.



Bookings
are
essential

Date: Thursday 27th November 2025

Time: 9:30am – 10:30am

Venue: Child and Parent Centre, 26 Brookman Ave, Langford

For more information please:

Email: CPCBrookman@parkerville.org.au