

Stressed Out?

FREE WORKSHOP FOR YOUNG MUMS

- Too much to do
- Who's in charge
- Feeding Issues
- Temper tantrums
- Drama at bedtime

*Come and chill out, get loads of ideas
We provide: Creche, Transport, Coffee and Cake.*

Wednesday 22nd Sept 9.30am - 11.30am

Pirimai Baptist Church, Bill Hercock Street

Find out more Ph Janelle or Liz 843 7280 or Txt 021 026 96504 (Telecom No:)

A programme of Napier Family Centre www.napierfamilycentre.org.nz

