



# Family Foundations

**Are you expecting a baby?**

Family Foundations offers two workshops for couples or co-parents expecting a baby together and you are at least 24 weeks pregnant. You will also receive a free goody bag for both you and your bundle of joy to enjoy.

## **Family Foundations will help you:**

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
  - Improve communication with your partner and resolve conflict
  - Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life.

**Workshops to be held at: Dyson Garden Children Centre B83QF**

### **Pre natal workshop**

Wednesday 29<sup>th</sup> January at 9:30 - 3:30

### **Post - natal workshop**

Tuesday 13<sup>th</sup> July 2025 at 9:30 - 3:30

**Lunch will be provided**



Contact details

Janelle Miller 07813400590 Kausar Mulla 07974255384