

Family in Focus

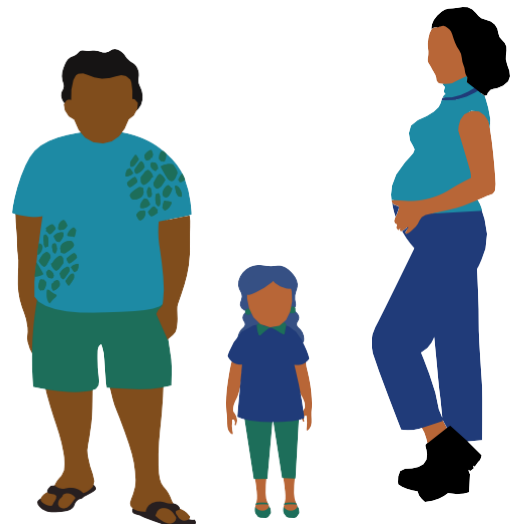
FREE workshops
for parents



Develop skills & knowledge to pass on to your kids as they grow!

WORKSHOP TOPICS :

- 6/5/25** Money wise tips for Families
- 13/5/25** Services Australia for Families
- 20/5/25** Healthy Brain Healthy Body
- 27/5/25** First Aid Basics
- 3/06/25** Healthy Eating and Nutrition
- 10/06/25** Eating Well Together
- 17/06/25** Managing Sleep & Fatigue
- 24/06/25** Mindful Movement for Relaxation
- 1/7/2025** Master Your Mind



Sessions: Tuesday 1.30pm – 3pm
Starting: 6 May



Alma Road Community House
200 Alma Rd St Kilda East 3183

Register your interest:
Ph: 9525 8746 E:arch@ppcg.org.au
or use the QR code.



Family in Focus presentations 2025

6/5/25 Money Wise Tips for Families

This session is designed to help you build knowledge, confidence and skills to help make informed decisions about managing your money.

13/5/25 Services Australia For Families

This session will cover information on Family Tax Benefit and the Child Care Subsidy. Child support is briefly mentioned but if there is enough interest in this topic we can organise a separate session.

20/5/25 Healthy Brain Healthy Body

Healthy Brain, Healthy Body is about positive ageing - experiencing happiness and satisfaction with life at any age. Our six factors 'BE-ACTIVE' model includes understanding what makes us feel good and finding ways to make this activity a bigger part of our life. Doing this helps us to balance out the other (negative) stuff.

27/5/25 First Aid Basics

Accidents can happen at any time. Knowledge of basic first aid will empower you to successfully treat common injuries and possibly save a life. Topics covered in this session include cuts, burns, sprains, fractures, concussion, cardiac events, stroke, poisoning and choking

This session aims to provide basic first aid knowledge to participants for common injuries and when to seek medical attention.

No previous training is necessary. This is not accredited training and no assessment will be required.

3/6/25 Healthy Eating and Nutrition

Many of us underestimate the importance of correctly fuelling our bodies for an active lifestyle. If you are looking to make some dietary improvements in your life, come along to this session to learn about basic nutrition principles and how to energise your day through healthy eating. We will discuss the benefits of low GI foods, fibre rich foods, antioxidants, healthy fats and protein.

10/6/25 Eating Well Together

For many families, mealtimes can be a stressful time. We know how important good nutrition is for everyone but perhaps the healthy choices aren't everyone's favourites! Establishing a positive eating environment and supporting children to develop healthy attitudes to food will set your children up well for the future. We will discuss some strategies to manage the mealtime challenges faced by many families, as well as share some quick and easy meal and snack ideas.

17/6/25 Managing Sleep and Fatigue

Sleep is as vital for life as food or water, and not getting enough sleep can severely affect day-to-day function and lead to fatigue. Learn the signs and causes of fatigue as well as how sleep changes as we age. You'll also receive tips on how to get a better night's sleep.

24/6/25 Mindful Movement for Relaxation

Wear some comfortable clothes and bring a towel or mat for this session. We will be doing some gentle stretching and movements that help us relax and feel good.

1/7/25 Master Your Mind

Modern life is full of hassles, deadlines, frustrations and demands. We all encounter stress and anxiety from time to time. Stress isn't always bad. In fact, in small doses, it can help you perform under pressure and motivate you to do your best. Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. This session includes information on recognising the signs of stress. It also introduces techniques such as mindfulness that can help you to better respond to unhealthy stress.