



## GRATITUDE, EMPATHY & MINDFULNESS

- Why are Gratitude, Empathy and Mindfulness important?
- How do they help us increase connection with our families?
- How do they help us raise emotionally intelligent children?
- How do we make them fit into our busy and stressful lives?

If you are interested in discussing these important topics with other parents and getting some practical tips and strategies, come along and talk about what works.

**When:** Wednesday  
9<sup>th</sup> August  
7pm to 9pm

**Venue:** Menzies Creek  
Primary School  
12 School Road,  
Menzies Creek.

**Cost:** FREE but bookings  
are essential

**Contact:** Julia Russell  
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9735 6190 or  
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