



# Stronger Together: Wellbeing for Parents and Families



A MORNING TO RECHARGE, CONNECT, AND BE INSPIRED!

Start your morning with coffee & morning tea at 9:30am, then settle in for two incredible speakers who will inspire, encourage, and equip you for parenting in today's busy world.

Our Guest Speakers:

## Jan Dent – Parent Wellbeing & Self-Care

Learn practical strategies to prevent burnout, find balance, and nurture your own wellbeing so you can thrive as a parent.

## Angela Lockwood – Nurturing Your Child & Teen's Wellbeing

Discover tools to strengthen your child's mental health, emotional resilience, and sense of connection at every age.



Saturday 18<sup>th</sup> October



Starting at 9.30am with morning tea  
Finishing with a 12.30pm Lunch



Relihan Centre  
Canterbury St Casino



Click [here to register](#) or scan  
the QR Code



DIOCESE OF LISMORE

**Catholic Schools  
Parent Assembly**

*Parents in Partnership*