



Bringing Baby Home

Professionals helping new parents
with the transition to parenthood

Bringing Baby Home (BBH) is a two-day workshop for couples who are expecting a new baby or have young children. Workshops are led by supportive facilitators who have been trained to help expecting couples and new parents. **Both parents/caregivers are required to attend the workshop to be able to do the various exercises together in private.**

The program helps parents to:

- have a happy, healthy family relationship - even during challenging times
- Learn what to expect during the transition to parenthood
- Learn how to strengthen friendship, intimacy, and conflict resolution skills
- Learn about child development and how to co-parent with your partner
- Create a caring and nurturing home and learn how to cope with conflict in positive ways
- Prepare for life with a baby and discover how to be the best parenting team possible
- Learn how to strengthen your relationship with your partner and foster your baby's development during this new and challenging time in your life

Don't worry,
I'm new at
this too!

FREE

Where & When ? Centacare NENW -Tamworth office, V Guy Kable Building, 201 Marius St, Tamworth - Two Saturdays: 18th & 25th March or 22nd & 29th April or 20th & 27th May or 17th & 24th June 2017

Each day begins at 9.00am and concludes at 4.30pm.

What does it cost? The program is FREE at the moment. This includes an accredited educator, participant's workbook, a comfortable venue and refreshments, morning & afternoon teas.

How do I register? Call Pedro on 6738 7200 *Dates and times are subject to change.*



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



Centacare
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