



THE NOOK

YOGA & WELLBEING

THE NOOK WELLNESS CENTER

THE ART OF HAPPY HEALTHY PARENTING

Workshop series about how to thrive in motherhood,
whilst raising a happy, healthy child

OVER 4 TUESDAYS

16TH, 23RD, 30TH JULY & 6TH AUGUST 2019

9 AM - 12 NOON

THE NOOK, 61 HOWITT RD, CAULFIELD NTH

From sleeping, feeding and playing routines, to the perfect parenting style that meets your growing needs, find the best path to a healthier/ happier baby and you.



DAY 1 TRANSITIONING TO MOTHERHOOD

**TUESDAY 16 JULY 2019
9AM - 12 NOON**

- Releasing your birth story
- Creating adaptable expectations
- Healing and managing unhelpful emotions such as guilt, regret and anger entering motherhood



DAY 2 REGAINING CONTROL

**TUESDAY 23 JULY 2019
9AM - 12NOON**

- Gaining a deeper understanding of your baby's development & this thing called 'parenting'
- Learning the expert tricks to parenting with confidence
- Arming yourself with the building blocks for a happy/healthy baby



DAY 3 EAT / PLAY / SLEEP THE RIGHT BALANCE

**TUESDAY 30 JUL 2019
9AM - 12NOON**

- Baby communication - how to understand your baby's cues
- Breastfeeding & solids tips and tricks for good health
- Best parenting 'fit' for your lifestyle, values and customs



DAY 4 RELAX & RECHARGE TUESDAY 6 AUGUST 2019 9AM - 12NOON

- Meditation & Stress Relief designed for busy mums
- How to get fit in just 4 minutes with or without your baby
- Understanding your baby's gut flora to support positive brain & body development

ABOUT YOUR PRESENTERS



LIZ PALAMARA

Liz is a clinical Social Worker who specialises in Parenting Attachment, Child Development and Trauma Informed Child Centred Practice. Liz has 20 years of clinical experience working with families and children in the private and non for profit sector. Her genuine interest for supporting parents and kids has led her to develop and implement across the State parenting programs for two leading non for profit organisations. Liz has two children, which enables her to understand parenting from both a person and clinical lens.



LIZZIE O'HALLORAN

Lizzie is a mother of two with a clinical background in psychology and health. She has worked in Corporate settings, as well as a Counsellor and Life Coach specialising in motherhood, self esteem and healthy living. Having also been a professional athlete, Lizzie brings a unique perspective on how to achieve a healthy, happy life, whilst reducing stress, balancing the demands of parenting and a career and maintaining healthy relationships. Lizzie is the Author of two books and was the resident Health Advisor on 3AW Melb radio.

JOIN US

Places are limited

The early bird gets the best deals! Register before 30th May 2019
and receive 25% off!

Early Bird Fee: \$296

After 30th May Fee: \$395



To book your place at our next workshop
in July/August 2019

Register at the address below:

bit.ly/calm-parenting-workshop