HEALTHY DARWIN

2026-27 Wet Season
Healthy Lifestyle
Workshops & Short Courses

Stronger Together Workshops

Don’t Lose Yourself – Parenting in the Early Years

Parenting little ones can be rewarding, exhausting and everything in between. In the middle of caring for everyone else, it's easy to lose sight of yourself.

In this workshop, we will explore the challenges of parenting in the early years, from the constant demands of little people to the pressure of having to do it all.

Discover practical ways to be kind to yourself, attend to your own needs and practice genuine self-care in the chaos.

Saturday 30 January 10:00am - 11:15am
Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

★ **Bookings required!**
Host: Laura - Strong Minds Counselling Services
E - laura.strongminds@gmail.com
P - 0490 920 329

Strong Minds

To find out more about this activity, contact the host directly.

Only $10 per adult!



To find out more about Healthy Darwin:
healthydarwin@darwin.nt.gov.au
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