HEALTHY DARWIN

2026-27 Wet Season
Healthy Lifestyle
Workshops & Short Courses

Stronger Together Workshops

On the Same Team – Sharing the Parental Load

Who keeps remembering to bring the towels to the pool? Who organises everything from appointments to repairs? And who makes sure the house is clean? A lot of frustration and resentment can build when the parental load and responsibilities of family life feel uneven, and relationships can suffer as a result.

In this workshop, we will explore the seen and unseen mental and physical work involved in raising a family, and how couples can work towards a fairer division of responsibilities.

Learn practical ways to reduce resentment, communicate about the parental load and develop a more collaborative approach to family life.

Saturday 13 March 1:00pm - 2:15pm
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:
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