

Dear Parents/Carers,

We would be delighted if you would join us on Monday March 18, as we will be running a Life Skills Group Family Class Viewing in the Music room with your child's class at the following times:

2JD: 9.00-9.45am

2AS: 9.50-10.35

2SI: 11.10-11.55am

2CS: 12.00-12.45pm

2AP & 2VO (1/2 of class): 1.50-2.35pm

2NC & 2VO (1/2 of class): 2.40-3.25pm

- Please note: Parents of children in 2VO will have to contact Ms O'Connor to check what time their child's class is as the class is split over 2 sessions.

So often as parents and carers we are racing home from work, cooking dinner, doing the homework, getting the kids to bed and doing the house work before falling into a deep sleep; only to wake up and do it all again.

In this Life Skills Group Family Class Viewing, parents, carers and children participate in games and relaxation activities that they can then take home and use on a regular basis. We provide fun, 'bite-sized' exercises that they can try at home to help each family member unwind and connect with each other.

We look forward to meeting you soon.

Yours faithfully



Nikki Bonus nee Massaioli

Director

Life Skills Group

For more information on Life Skills Group, go to <http://www.lifeskillsgroup.com.au/>

