

Dear Parents/Carers,

We would be delighted if you would join us on Monday March 19, 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:

Prep AP: 9.00-9.45am

Prep AM: 9.50-10.35

Prep TF: 11.10-11.55am

Prep MR: 12.00-12.45pm

Prep JF: 1.50-2.35pm

Prep AS & Prep SR: 2.40-3.25pm

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/>

