

Dear Parents/Carers,

We would be delighted if you would join us on Monday June 4, 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:

**1JK:** 9.00-9.45am

**1MV:** 9.50-10.35

**1ML:** 11.10-11.55am

**1EM:** 12.00-12.45pm

**1JG & 1NM (1/2 of class):** 1.50-2.35pm

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

- Please note: Parents of children in 1NM will have to contact Mr Morrey 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/>

