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# Stress Less Day

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**SUNDAY 25 OCTOBER 2-5PM**

Are you a parent or a carer?

Are you interested in finding ways to help bring balance back into your life?

Want some strategies on how to support your anxious child?

Come to this FREE afternoon of great speakers, try out different wellbeing activities, meet local complementary health practitioners, buy a home baked cake or just take some time out for yourself.

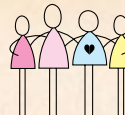
**When:** 2.00 - 2.45pm: David Wilson-Dowse - Strategies for self care  
2.45 - 3.30pm: Sylvia Ruocco - Strategies for supporting an anxious child  
3.30 - 4.00pm: Catch up with friends or buy a home baked cake  
4.00 - 5.00pm: Wellbeing "taster" sessions

**Venue:** Mona Vale Hall, Park Street, Mona Vale

**Contact:** Sue Johansson on 0435 835 963 or [suej@ransw.org.au](mailto:suej@ransw.org.au)

Please note that child care will not be provided.

*Relationships Australia.*  
NEW SOUTH WALES



*MUMS for MUMS*  
- MONA VALE -