

# Becoming a New Family Workshop



## Top tips for coping with change when becoming a new family




Join us to discuss some of the changes that happen when you become a new family and explore how to adapt and enjoy family life.

Join us to:

- Talk about the changes that new families often go through.
- Discover healthy ways to manage these changes - covering relationships, emotional health, activity, eating well and sleep.
- Meet and chat with other soon-to-be new families and share ideas.

To find out more

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Scan our QR code to register your interest



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