

11 May 2023

Fostering Family Bonds: Palmerston Celebrates National Families Week with Informative Sessions and Family Fun!

City of Palmerston invites the community to join in celebrating National Families Week by participating in free activities that strengthen the bonds of families. Council is thrilled to host parent/caregiver information sessions and a family event, which will provide an opportunity for families to connect, learn, and create memories together.

City of Palmerston's Mayor Athina Pascoe-Bell expressed her excitement about the activities, saying, "It's great to be able to provide the community with multiple events this year. Our information sessions will focus on education, while our family event offers a fun opportunity for parents and children to bond through shared activities".

The information sessions, developed by childhood professionals, address a gap in the market for information provided to families, usually only available to those who work in the industry. They aim to provide parents and caregivers an opportunity to enhance their knowledge and abilities in child development.

Early childhood specialists Sue Hyde and Kat Kennedy will lead the first session, covering topics related to brain development, anxiety, and managing challenging behaviours in young children. The second session will feature Dr. Justin Coulson, a renowned expert in parenting, relationships, and wellbeing, virtually presenting his successful program, *Little People. Big Feelings*.

The information sessions are for adults and require registration. Complimentary nibbles and refreshments will be provided.

To finish the week, Council will host a family event with interactive activities, including AFL, basketball, cultural experiences, and circus workshops. The event will also feature a BBQ to keep everyone fuelled up.

Let's come together and celebrate National Families Week 2023; details of the events are as follows:

- Information Session 1: Wednesday, 17 May 2023, 5:30pm – 7:30pm, Moulden Park Primary School
- Information Session 2: Thursday, 18 May 2023, 5:30pm – 6:30pm, Moulden Park Primary School
- Families Week event: Saturday, 20 May 2023, 9:00am – 12:00pm, Tiverton Park, Moulden

For more information and to register for the information sessions, visit the City of Palmerston website – palmerston.nt.gov.au.

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