

Wondering about Wees **2022**

A free parent information workshop.

Wondering about Wees is a community-based information workshop for groups of parents and carers who have children aged five to 15 years with bladder difficulties including:

- frequency
- urgency
- withholding
- day wetting
- night wetting.

The workshop provides information about:

- normal bladder habits
- diaries
- scheduling/routines
- bedwetting alarms
- dietary/fluid intake
- medication advice
- behavioural advice.

Wondering about wees dates and times

FRIDAY, 25TH February

9.30am to 12.30pm

FRIDAY, 20TH May

9.30am to 12.30pm

FRIDAY, 12TH August

9.30am to 12.30pm

FRIDAY, 28TH October

9.30am to 12.30pm

ALL SESSIONS TO BE HELD AT –

Nambour Child and Family Health Centre

5 Waterfall Road, NAMBOUR



To book contact Child Health Access

5319 4824

NB: There is no child care available.

Sunshine Coast
Hospital and Health Service

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Queensland
Government