**Time: 9:30am to 12.30pm**

**Face to face workshops (adults only)**

**Friday, 17th February 2023**

**Friday, 12th May 2023**  
**Friday, 11th August 2023  
Friday, 27th October 2023  
Location: Nambour Child and Family Health Centre, 5 Waterfall Road, NAMBOUR Undercover parking available**

**Telehealth/Online workshops**

**Friday 17th March 2023**

**Friday 2nd June 2023**

**Friday 8th September 2023**

**Friday 24th November 2023**

**2023**