**Time:** 9.30am to 12.30pm

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

**Friday, 3rd February 2023**

**Friday, 28th April 2023**

**Friday, 21st July 2023**

**Friday, 13th October 2023**

**Location:** Nambour Child and Family Health centre,5 Waterfall Road, NAMBOUR

Undercover parking available

**Telehealth/online workshops**

Friday, 3rd March 2023

Friday, 26th May 2023

Friday, 25th August 2023

Friday 10th November 2023

**2023**