



*Baby Makes 3* is a free group program for first-time parents. Both parents and baby attend a two hour session, once a week for three weeks. These are enjoyable and interesting sessions about becoming a parent and what it means to you and your relationship

Information is provided by two group leaders– a male and a female.

The *Baby Makes 3* program helps couples maintain **healthy relationships** after the birth of a baby.

We look at:

- Becoming a parent for the first time
- Who does what?
- Healthy relationships
- Meaningful equality
- Intimacy
- Dealing with conflict
- Communication



To come along please phone: 49874674

**Where:** 5 Phillip Road, Raymond Terrace

**When:** Dates to be advised (Call to register your interest)