



# FAMILY FOUNDATIONS

Are you expecting a baby?

Are you adjusting to life with a new baby at home?

Are you looking for ideas on how to work together as parents?

**You are invited to attend Family Foundations –  
a 10 session program**

Family Foundations helps parents strengthen their relationship as a parenting team, providing the strong base needed for raising children in a happy home. The program helps couples and carers to work together and develop coping skills to manage the ups and downs of raising children.

Research has shown better outcomes for babies when parents cooperate and learn to manage their stress.

The program is free and you don't have to leave your home to attend - we come to you!

We do ask that you complete a pre and post program survey.

**FOR MORE INFORMATION OR TO BOOK, CONTACT OUR FAMILY FOUNDATIONS INTAKE WORKER:**

Call: (03) 9355 9901

Email: [family.foundations@merrihealth.org.au](mailto:family.foundations@merrihealth.org.au)

The program is funded by the Victorian Government, and led by Merri Health in partnership with the Murdoch Child Research Institute.

