



# PAUSE PARENTING

For parents and carers of children 8-18  
This free 4 week course starts  
Thursday 5th March at 9:30-10:30 at  
CatholicCare, 201 York Street, Launceston.

Join us to learn more about your child's brain development, communication, self care, social media, the internet and problem solving.

To register please call 63320600 or email  
[catholiccare.launceston@aohtas.org.au](mailto:catholiccare.launceston@aohtas.org.au)