

# Well Being for Motherhood 2019



LISTOWEL Family Resource Centre

WED OCT 9<sup>TH</sup>, 2019

10.30 - 1.15pm

## Speakers Include:

**Dr Louise McEntee; Clinical Psychologist KIDs** “*Infant Mental Health*”

**Mary Collins, Community Parents Programme HSE** “*Ensuring Balance and Support for your Baby & Child*”


**Winnie Dee, REAR FACING CAR Seat** “*Have you properly secured your baby in your car?*”

**Caitriona Mulhern, Community Dietitian HSE** “*Weaning you baby*”

REGISTRATION ESSENTIAL

FREE Goodie Bags!!      FREE Entry!

Please ring 068 23584 to book your FREE place

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Resource Centre

 CORCAIGH CIARRAÍ  
CORK KERRY

 HSE