

Lunch with Tweddle

PND Awareness Week 2010.

Where: Pizza Café, Langtree Ave
When: Thursday 18 November 2010
Time: 12.00-3.00pm
Tickets: \$20 (at the door)

Children under five are free.

Includes Banquet meal (bread, dips, pasta and pizza). Drinks available for separate purchase.

Please call the Pizza Café on 50 222 223 to reserve a seat.

Feeling wrung out?

**Need help to manage the lack of sleep
in your baby's first 12 months?**

Over lunch, Nikki Zerman from Tweddle (Melbourne) will talk about Tweddle's services for rural families and general information on the impact of fatigue on parents (including mood), and adjusting to parenthood during the first year of your baby's life.



Organised by the Sunraysia PND Planning Forum 'Keeping postnatal depression on the agenda!'

Proudly supported by the Sunraysia Postnatal Depression Support Network Inc.



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child + family health service
PARENTING WITH CONFIDENCE