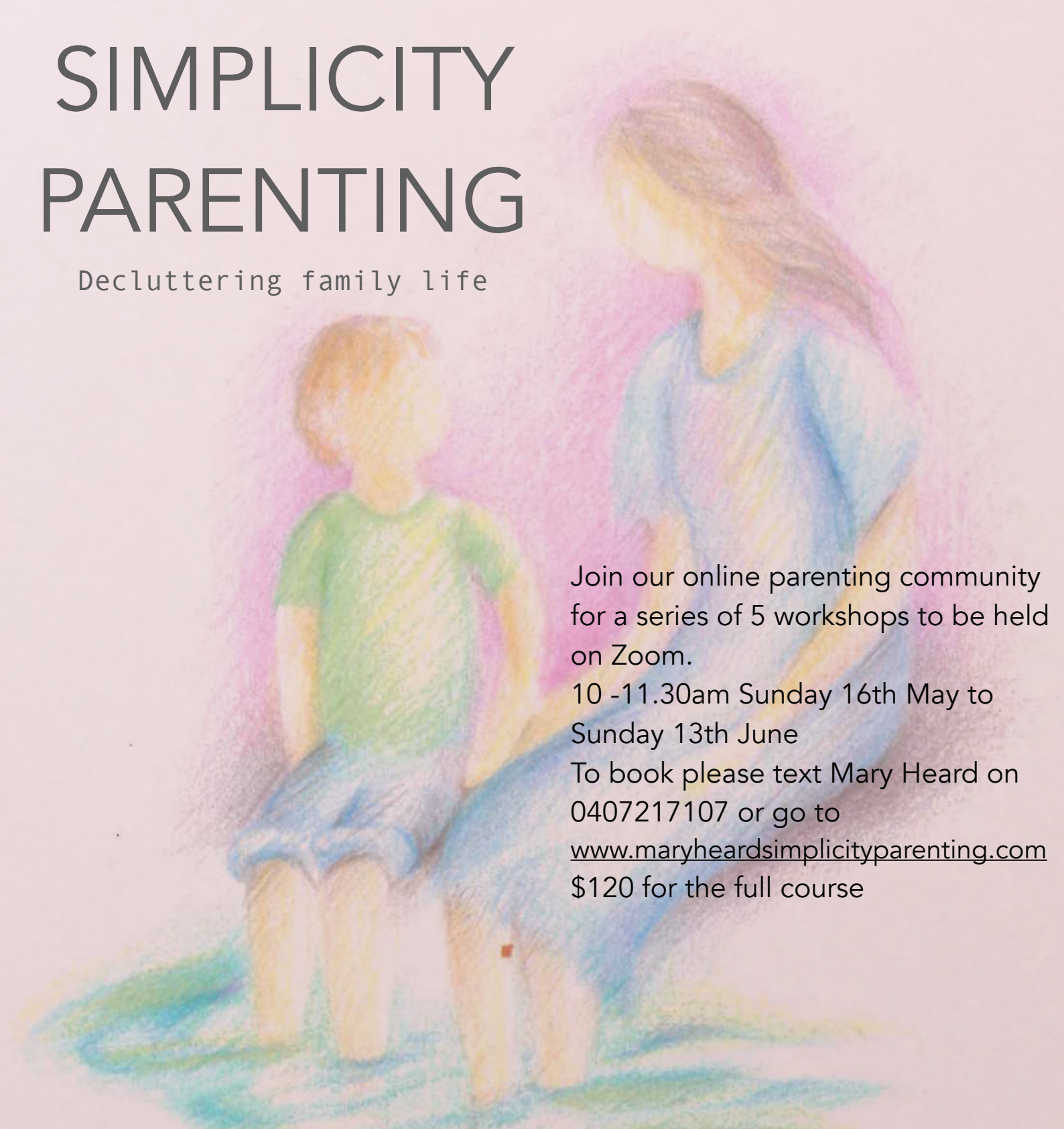


# SIMPLICITY PARENTING

Decluttering family life



Join our online parenting community for a series of 5 workshops to be held on Zoom.

10 -11.30am Sunday 16th May to Sunday 13th June

To book please text Mary Heard on 0407217107 or go to [www.maryheardsimplicityparenting.com](http://www.maryheardsimplicityparenting.com)  
\$120 for the full course

This course will cover the following topics

**Environment • Rhythm • Schedules • Media and adult content**

"Mary's workshops and talks on Simplicity Parenting bring such wisdom and knowledge together with practical and workable steps that can be implemented in our daily lives and families. Mary's warmth and generosity shine through her work. This course will be a wonderful gift for your own family and parenting" Melony, mother of 3

"Each week I felt more connected with my children after applying the new tools I'd learned. Mary created a safe space to share our stories, look at ourselves, our families and the changes we wanted to make. Mary was an exceptional and supportive guide and companion on this learning and discovery journey. Thank you for all your hard work. You can tell a lot goes into your preparation and delivery. Its hands down the best course I've done." Ann mother of 2

"Every parent should do this course!" Tina, mother of 3