

*“The greatest gift you can give your child is a strong relationship between the two of you.”*

*John Gottman  
Renowned relationship expert*



- Greater Melbourne
- Geelong
- Gippsland

**Bringing Baby Home**

*Strengthening families and communities*  
[ccam.org.au](http://ccam.org.au)

A strong couple relationship provides stability and security for children, and creates an atmosphere where they can thrive.

**Bringing Baby Home** is a workshop aimed at building and maintaining a strong couple relationship in readiness for parenthood.

Couples will focus on deepening their friendship, strengthening communication, maintaining intimacy and managing conflict.

*“Every couple having a baby should do this program. It was a breath of fresh air and so positive about how to look after ourselves so that we can be good parents.”*

This workshop is conducted at Mercy Hospital for Women in Heidelberg. Couples with babies are very welcome!

CatholicCare is the social service agency of the Archdiocese of Melbourne and the Diocese of Sale.

## Workshop dates

Saturday 22 February 2020

Saturday 2 May 2020

Saturday 27 June 2020

Saturday 3 October 2020

Saturday 21 November 2020

The cost is \$85 per couple, or free for new parents with a Health Care Card.

To register, visit our website [www.ccam.org.au/BBH](http://www.ccam.org.au/BBH) or call 03 9287 5516