



Parent Connect Group

FREE GROUP FOR DADS & MUMS OF CHILDREN
AGED 0—8YRS WITH FREE CHILDCARE



This facilitated group is for parents in the Hawkesbury caring for children aged 0-8yrs who have limited contact with other parents or are new to the Hawkesbury . The group strives to break isolation and be a vehicle for developing friendships through meeting regularly to share common experiences and gain information that strengthens participants capacity to parent effectively. The group will operate in the centre from 10am -12noon fortnightly on Mondays during school terms with free childcare provided by RCSI through Hawkesbury Community Outreach. Through the group participants will:



- Enjoy uninterrupted parent to parent adult company
- Give children an opportunity to play with other children without parents present
- Build relationships that sustain parents outside group time
- Plan and enjoy discussions and activities of interest to parents
- Learn information relevant to parenting and local services

Dates the group will operate in 2018 Terms 1 and 2 on
MONDAYS 10am—12 noon:

Term 1

- 12th February – Group welcome & Meet & Greet
- 26th February – Relax away stress
- 12th March – Family Hair care , cutting & styling tips
- 26th March – Easter Chocolate fun

Term 2

- 7th May – Mums pampering & manicures
- 21st May- Meditation
- 4th June – Quick & Easy Family Meals
- 18th June – Green Eco friendly homes
- 2nd July – Winter holiday ideas for kids



To register and **book childcare** please call
Carol on 4588 3504
or email : familysupport@rcsi.ngo.org.au

