



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 2020 Terms 1 and 2 on
MONDAYS 10am—12 noon:



Term 1

17th February – Meet and Greet; Services for Families

2nd March – Self Esteem for Mums

16th March – Origami and Gift Box craft

30th March - Celebratory cakes / Easter ideas

Term 2

4th May - Pampering for mums

18th May – Family Meal preparation tips

1st June – Fun with Clay

15th June – Healthy communication and relationships

29th June – Winter Holiday with Kids Ideas



To register and **book childcare** please call
Carol on 4588 3504

or email : familysupport@rcsi.ngo.org.au

...making a difference...

