



# 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 2019 Terms 3 and 4 on  
**MONDAYS 10am—12 noon:**

### Term 3, 2019

- 29<sup>th</sup> July - Hawkesbury Services for Families
- 12<sup>th</sup> August- Skills for positive relationships
- 26<sup>th</sup> August -Meditation and Relaxation for mums
- 9<sup>th</sup> September- Celebratory cake decoration
- 23<sup>rd</sup> September – Ideas for Family Holiday Fun

### Term 4, 2019

- 14<sup>th</sup> October- Stretching Family Finances
- 28<sup>th</sup> October- Work prep- interviews and resumes
- 11<sup>th</sup> November- Homemade Gift ideas
- 25<sup>th</sup> November – Christmas survival & craft
- 9<sup>th</sup> December – Christmas Party



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

