



# 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 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 2017 Terms 3 and 4 on  
**MONDAYS 10am—12 noon:**



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## Term 3

- 24<sup>th</sup> July – Welcome back Meet & Greet
- 7<sup>th</sup> August – Laugh away Stress session
- 21<sup>st</sup> August – Work preparation – interviews & resumes
- 4<sup>th</sup> September – Build a Mind Lego Fun day with kids
- 18<sup>th</sup> September – Inexpensive Holiday Fun with kids

## Term 4

- 9<sup>th</sup> October – Fun with Clay
- 23<sup>rd</sup> October – Family Budgeting Tips
- 6<sup>th</sup> November – Home-made gifts
- 20<sup>th</sup> November – Christmas craft
- 4<sup>th</sup> December – 11am 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)

