



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 3 and 4 on
MONDAYS 10am—12 noon:



Term 3

- 30th July – Welcome Greet & Meet with Paint
- 13th August – Stretch & Move with Mel – keeping fit at home
- 27th August – Self-esteem & confidence building for mums
- 10th September – Fun gardening ideas for families
- 24th September – Tips for managing on a tight budget

Term 4

- 15th October – Beginners Yoga for mums
- 29th October – Delicious Dish Taste & Share
- 12th November – Hair Styling & Makeup tips – party ideas
- 26th November – Christmas craft decorations & cards
- 10th December – Christmas party



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

