



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 2021 Terms 3 and 4 on
MONDAYS 10am—12 noon:

Term 3 2021

- 19th July – Self Esteem for Mums
- 2nd August – Free Choice Discussion
- 16th August – Laughter Yoga
- 30th August – Extended Family Relationship skills
- 13th September – Healthy Family Meal recipes

Term 4, 2021

- 11th October – Stretching Family Finances
- 25th October - Tips for Chaos Free Homes
- 8th November - Home made gift ideas
- 22nd November – Christmas craft
- 6th December – Christmas party



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

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

...making a difference...

