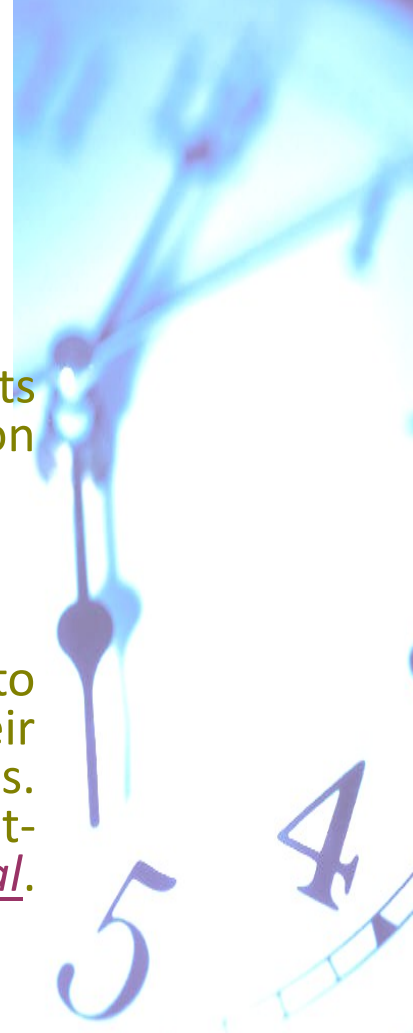




TIME OUT FOR MUMS



This group for mums of children aged 0-8years meets fortnightly from **10am -12noon** during school terms on **Mondays** at:

Richmond Community Services Inc
the Neighbourhood Centre
20 West Market St, Richmond.

The group provides mums with an opportunity to break isolation, make friends, and gain support in their parenting role through activities and discussions. Childcare is provided by Hawkesbury Community Outreach and *booking in if you need childcare is essential.* New mums are always welcome.



Program for Terms 1 & 2- 2012

Term 1

20th February- Jewellery Craft

5th March- Toddler Taming

19th March- What's On Where – info for parents

2nd April - Easter Activity Fun Day with Kids

Term 2

7th May – Mums' Pampering

21st May – Anger Control Tips for Mums

4th June- Stretch & Relax with Yoga

18th June – Winter Activity Fun Day with Kids

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

