

New Group to Support Families.

For all Parents & Caregivers

Being a parent can be one of the most challenging and rewarding experiences of your life. Sleep deprivation, health issues, relationship stress and endless advice can become overwhelming, even more so if we are experiencing feelings of anxiety, depression, post-natal depression, grief and loss, or other mental health issues.

Support as Identified by You!

This Program differs to others, in that sessions will be guided by the feedback of the parents attending. We will have some sessions ready to deliver focusing on areas such as child development, parenting, self care and wellbeing. We will also invite caregivers to identify areas of family life they would like information on such as finances, job skills, nutrition etc.. we will develop these sessions or better yet engage other services available in the area to attend.

Date: Program runs every Thursday during school terms, check website for start dates.

Time: 10am - 12.30pm

Cost: Free

Location: 55 Worrigea Street Nowra, 2541

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

For more information or to make a booking

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