



# 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 2022 Terms 3 and 4 on

**MONDAYS 10am—12 noon:**

Term 3	Topic
25/07/2022	Canvas Painting
08/08/2022	First Aid tips
22/08/2022	Toddlers & Dealing with Tantrums
05/09/2022	Macramé & craft
19/09/2022	Self-esteem for Mums
Term 4	Topic
10/10/2022	Intro to Yoga
24/10/2022	Book Club
14/11/2022	Homemade gift ideas
28/11/2022	Christmas decorations & cards, and survival tips
05/12/2022	Christmas Party



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

or email : [familysupport@rcsi.ngo.org.au](mailto:familysupport@rcsi.ngo.org.au)

*...making a difference...*

