



WINGECARRIBEE FAMILY SUPPORT – ACTIVITIES TERM 1, 2012

CALENDAR RUNS FROM 7thFeb.2012 to 5th April 2012 BOOKINGS PHONE 4862 1777. VENUE: Family Support, cnr Kirkham & Centennial Roads, BOWRAL, unless otherwise stated. Phoning to book is appreciated as this helps us with planning. *All activities are free of charge and all materials supplied*

COMMUNITY WALKS FOR THE YOUNG & THE YOUNG AT HEART 10.00 start

Do you want to get motivated, get a sense of being part of the community and increase your fitness at the same time? Are you new to the area and want to meet people?

TUESDAY BOWRAL

With Mardi

Start in the car park of Bowral Swimming Pool for the Cherry Tree Walk

THURSDAY MITTAGONG

With Mardi

Start at the corner of Helena Street and the Old Hume Hwy opposite the Tourist Information Centre.



TUESDAY SESSIONS 10.00-12.00 noon

Free childcare provided for group participants on-site with early childhood workers – please ring to book your place

Resolving Conflict in Our Daily Lives 14th Feb-20th March

With Ann

Working as a group to find ways to reduce conflict in our daily lives.

ENGLISH CONVERSATION Temporarily suspended

We only need 4 people to start so please contact us and we will get a new group underway. English conversation and grammar, all levels of ability.

Men's Group Bowral

Further enquiries call
David Del-Sole 48623595 or
Harry 0408402946



WEDNESDAY WORKSHOPS 10.00-12.00 noon

Free childcare provided for group participants on-site with early childhood workers – please ring to book your place

FINDING BALANCE AS KINSHIP CARERS 15th Feb - 8th March

Meet with other carers to share your expertise and experience. Look at how to find new dreams, get humour into your days, who to go to for support, what to do with worries, and how to look after yourself. Sue from Connecting Carers will be at some sessions for questions and answers about your rights, and resources available to kinship carers.

BRINGING CREATIVITY INTO YOUR 2- 4 Year Child's Life 15th March -3rd April



Fun ways to
develop your child's
creativity using everyday
things around the house.

THURSDAY PLAY & CHAT SUPPORTED PLAYGROUP 10.00-12.00 noon

A playgroup setting, providing an opportunity to socialise & be supported in parenting. Early Childhood staff available for support and advice about your child's development and any parenting, or other concerns you may have.

FRIDAY YOUNG PARENT GROUP FOR ALL YOUNG PARENTS INCLUDING EXPECTANT MUMS & DADS 10.00-12.00 noon

Get together with other young parents, share info, experiences, support. Enjoy activities and learn about parenting, child development and relationships. Guest speakers, outings and activities.
With Karena

