



# WINGECARRIBEE FAMILY SUPPORT – ACTIVITIES TERM 2, 2010

CALENDAR RUNS FROM 19<sup>th</sup> April – 2<sup>nd</sup> July, 2010. BOOKINGS PHONE 4862 1777. VENUE: Kazcare Education Facilities, 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

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?

**MONDAY ROBERTSON**  
*With Hilton*

Start at the right side of Hampden Park at the rear.

**TUESDAY BOWRAL**  
*With Mardi*

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

**WEDNESDAY MOSS VALE**  
*With Jennifer*

Meet at the back area of the B-Lo car park.

**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

### TRIPLE P PARENTING PROGRAM

20<sup>th</sup> & 27<sup>th</sup> April, 4<sup>th</sup> & 11<sup>th</sup> May, 8<sup>th</sup> June

*With Karena & Linda*

Triple P is a program for families that provides practical answers to everyday parenting concerns

Recommended for families with children aged 2 to 10

### YOUR CHILD'S FIRST YEARS – SETTING THE STAGE FOR THE FUTURE

18<sup>th</sup> & 25<sup>th</sup> May & 1<sup>st</sup> June

Development and play in the first 3 years

### HEALTHY RELATIONSHIPS 15<sup>th</sup> – 29<sup>th</sup> June

How to recognise a healthy relationship, choosing relationships that are good for you

### SEASONS FOR GROWTH FOR MEN ONLY

7.00 – 9.00 pm

20<sup>th</sup> April – 8<sup>th</sup> June

*With Harry*

Exploring issues related to grief, loss and change.

## WEDNESDAY WORKSHOPS 10.00-12.00 noon

Free childcare provided for group participants on-site with early childhood workers

All groups assume participants will be beginners, experience is not needed.

### JEWELLERY WITH BEADS 21<sup>st</sup> April

### MOTHER'S DAY CARD WORKSHOP 28<sup>th</sup> April

### PAMPERING DAY FOR MUMS & GRANDMAS 5<sup>th</sup> May

### DECORATIVE SEQUINED BALLS 12<sup>th</sup> & 19<sup>th</sup> May *With Skye*

### MAKE A PATCHWORK SQUARE 26<sup>th</sup> May & 2<sup>nd</sup> June

### SCRAPBOOK YOUR FAMILY PHOTOS 9<sup>th</sup> & 16<sup>th</sup> June

Bring at least 4 photos to make up a scrapbooking page to take home.  
*With Mickyla*

### CHINESE PAINTING BASICS Simple brush strokes will be used to paint pictures of bamboo, and other oriental scenes on rice paper. 23<sup>rd</sup> & 30<sup>th</sup> June

## THURSDAY

### PLAY & CHAT

ALL PARENTS WITH NEWBORN TO PRE-SCHOOL AGED CHILDREN WELCOME

10.00-12.00 noon

Playgroup for under fives. Indoor and outdoor activities to encourage children to learn and socialise. Come and meet new friends. Our Early Childhood and Family Worker, Sally, is available for advice.

## 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 and baby clothes. Enjoy activities and learn about parenting, child development and relationships. Guest speakers, outings and activities.  
*With Karena*

### 2<sup>nd</sup> SUNDAY OF THE MONTH DEPRESSION SUPPORT GROUP

2.00-4.00 pm

Ring Nola Casburn  
0448 951 485

For more information and bookings