



PORT STEPHENS  
FAMILY AND  
NEIGHBOURHOOD  
SERVICES

# TILLIGERRY



# PARENT GROUP

## A CUPPA & CONVERSATION

Tiligerry Parents group is an open group where everyone is welcome.

It is staffed by professionals who are guided by the participants who determine the activities for the group as well as identifying any themes they may wish to explore during the group sessions.

Themes covered have included: Healthy lunch boxes; managing during difficult times; balancing your budget; mindfulness and dealing with stress to name just a few.

The group has a children's group that is run alongside the parents group which is staffed by early intervention children's workers.

**WHEN:** Tuesdays

**TIME:** 10am to 12pm

**WHERE:** Mallabula Hall

Lemon Tree Passage Rd, Mallabula

Morning tea provided

**CONTACT LYN OR DANIELLE ON 4984 5298**