



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

BOOKINGS ESSENTIAL



CONTACT DANIELLE OR CONNIE ON 4984 5298