

# Tilligerry

# Parent Group

*A cuppa and conversation*

Tilligerry Parent Group is 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...



*A children's group is run alongside the parents group which is staffed by early intervention children's workers.*



**WHEN:**

Mondays



**TIME:**

10am to 12pm



**WHERE:**

Mallabula Hall  
Lemon Tree Passage Rd,  
Mallabula



Morning tea provided



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