

# NOWRA TERM 2, 2017

WORKSHOP BOOKINGS: 4227 1122

## KEEPING KIDS IN MIND

A post-separation parenting program which helps parents learn how to deal with the emotional and practical issues of parenting after separation. The program helps explore grief and loss and the impact separation has on parents and their children.

Tuesday **mornings**

10am– 12:30pm

May 30 & June 6, 13, 20 & 27

CatholicCare

55 Worrigeer Street, Nowra

**Workshop Fee: \$20 per session**

## POPPY PLAYGROUP

For parents with mental health issues and their children from 0 - 5 years. Parents can enjoy play time with their children and then have discussion time about different parenting issues in a relaxed and supported environment.

Fortnightly Friday **mornings**

10am - 12:30pm

April 28 & May 12, 26 & June 9 & 23

CatholicCare

68 Shoalhaven St, Nowra

**Workshop Fee: No Fee**

*Parents should bring a healthy snack/lunch for the child and something for themselves to share with the other parents.*

## LIFT

A group for men and women who may be feeling overwhelmed or experiencing high levels of stress and worry.

Fortnightly Friday **mornings**

10am– 12:30pm

May 5, 19 & June 2, 16, 30

CatholicCare

68 Shoalhaven St, Nowra

**Workshop Fee: \$15 per session**



**Family & Relationship Support** - Offering a range of workshops and parenting programs throughout the community to assist adults, children and young people.



*Concessions may apply dependent on financial circumstances*

*Limited childcare may be available*