






SOLO PARENTS GROUP



This group meets every Thursday of the School Term and welcomes both **DAD & MUM** sole parents living with or apart from their children. Come and make new friends in a safe, supportive, and relaxed environment.

The activities vary each week, but generally include:

-  Guest speakers
-  Discussions on topics of interest
-  Creative mornings

You are welcome to attend individual sessions that interest you, or as a regular member of the group.

Term 1 2010 Programme:

February 4 th	'Drop in' for a Coffee & chat
February 11 th	Scrapbooking Workshop (bring photo's and \$5 to cover supplied materials)
February 18 th	'Drop in' for a Coffee & chat
February 25 th	'Self Esteem' Workshop
March 4 th	'Drop in' for a Coffee & chat
March 11 th	Positive Parenting Seminar
March 18 th	'Drop in' for a Coffee & chat
March 25 th	Games Day and holiday survival tips
April 1 st	Easter craft morning



When: Thursdays 10am – 12pm

Where: Family Support Centre Inc.

Lakelands Community Centre, 3 Literary Close Kanwal

Costs: \$3 donation per session

\$2 donation per family for childcare **Bookings are essential for childcare**

Contact: Barbara (Solo Parent / Family Worker)

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Note: Sessions may be subject to change at short notice, though all care will be taken to avoid this where possible