

Central Coast Family Support Services

Young Parent Group

**Friday
(School Term)
10am-12pm**

Chat



**Free:
Morning Tea
Lunch
Transport:
Gosford &
Wyong**

This group provides a great opportunity for young and expecting parents aged 13-25 years to come together in a relaxed environment to meet new people and make new friends

To RSVP or for more information:



Young Parent Central

Laura on 0434 426 710



Date:	Activity:
2 nd February	Come and catch up with friends and meet new group members! Maria from Yarran will be joining us for a fun filled morning of music, stories and activities.
9 th February	Celebrate this Valentine's day by joining us in making some creative cards and decorating some delicious cupcakes!
16 th February	Resume Information Day - Learn tips and tricks on how to write a great cover letter and resume. Maria from Yarran will be joining us for a fun filled morning of music, stories and activities.
23 rd February	Children & Family Health will be joining us to assist with BLUE book checks and to provide practical support and advice. Central Coast Council Library will be presenting 'sing and rhyme time'.
2 nd March	Join us for a 'Teddy Bears' picnic at Long Jetty's 'Saltwater Creek Reserve' (Meet at the park's gates). Don't forget to bring your favourite teddy! Maria from Yarran will be joining us for a fun filled morning of music, stories and art.
9 th March	Katherine from Barefoot Yoga will be discussing the many health benefits of child and family yoga before leading a FREE class. We Care Uniting will be providing a variety of material resources for pick up from CHAT (pre-register items with Laura on the 2nd March)
16 th March	Pamper Day: The Body Shop Erina Fair will be joining us for some well-deserved pampering! Come along and learn how to keep your skin looking it's best! Maria from Yarran will be joining us for a fun filled morning of music, stories and art.
23 rd March	Luminous Dentistry will be joining us for a morning of education and practical advice around dental hygiene as well as provide free dental checks. Central Coast Council Library will be presenting an Easter themed 'sing and rhyme time' along with some art and craft.
30 th March	PUBLIC HOLIDAY – No Chat group.
6 th April	Children & Family Health will be joining us to assist with BLUE book checks and to provide practical support and advice. Guest attendance by Jacinta, from Youth Health , who will be providing information around Sexual health, Drug and Alcohol use.
13 th April	Just Cuts Bateau Bay will be providing free haircuts for you and your children. Maria from Yarran will be joining us for a fun filled morning of music, stories and art.
Holiday Event	Keep an eye out for info on Young Parent Central for upcoming details.