

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: |
|-------------------------------------|---|
| 27 th July | Come and catch up with friends and meet new group members! |
| Wk:1 | Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 3 rd August Wk:2 | Cooking with Pauline : Learn a new, soon to be, family favorite dish. |
| 10 th August Wk:3 | Guest attendance by Jacinta, from Youth Health , who will be providing information around Sexual health, Drug and Alcohol use Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 17 th August Wk:4 | Little People Nutrition : Gain a better understanding of nutrition and learn some new recipes for your child's lunch box! |
| 24 th August Wk:5 | Children & Family Health will be joining us to assist with BLUE book checks and to provide practical support and advice. Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 31 st August Wk:6 | Pamper Day: Everyone needs a little pampering now and then! |
| 7 th September Wk:7 | Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 14 th September Wk:8 | Luminous Dentistry will be joining us for a morning of education and practical advice around dental hygiene as well as provide free dental checks. Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 21 st September Wk:9 | 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) Maria from Yarran will be joining us for a fun filled morning of music, stories and activities. |
| 28 th September Wk:10 | Just Cuts Bateau Bay will be providing free haircuts for you and your children. |
| Holiday Event | Keep an eye out for info on Young Parent Central for upcoming details. |