

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.