

Max and Gener from Family Support Newcastle invites parents or carers of children to this **FREE** workshop on.....

Creating some calm in your world

In the workshop you will learn about mindfulness and the use of labyrinths



When: Tuesday 4th December

Time: 12.00 - 2pm

Where: FSN Family Centre,
2 High Street, Waratah.

SNACKS PROVIDED & FREE CHILDREN'S GROUP AVAILABLE ON PREMISES

To make a booking or for further enquiries please call us on **4926 3577**
or **0490 331 617**



Family Support Newcastle
your family, our community

The Men and Family Relationships Project is funded by the Australian Government and auspiced by Family Support Newcastle.

