

Family Support Newcastle and "Place of Friends" Schools as Community Centre would like to invite women raising children to a **Free** group.

# Going it Alone?

## What does it mean to be a sole mum in today's world?



*Conversations may include:*

What's important now?  
Using your influence where you can  
Adjusting to change  
Dealing with difficulties  
Accessing support  
Self-Care

**When:** Mondays over 4 weeks  
22<sup>nd</sup> Oct – 12<sup>th</sup> Nov, 2018.  
**Time:** 12noon – 2.00pm  
**Where:** "Place Of Friends"  
Schools as Community Centre  
Woodberry Public School  
Corner Lawson Ave, Woodberry 2322



**Children's Activities and Morning Tea provided**  
**Reserve your place by booking on sticky tix or by contacting Amy on 4964 2174**

The Family Relationship Skills Project is funded by the Australian Government and auspiced by Family Support Newcastle.



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