

Family Support Newcastle and Koe-nara Cessnock Schools as Community Centre  
invite you to A FREE 5 week discussion group on

# Stress-Less, More ease, ... stronger connections.



Fridays  
22<sup>nd</sup> Feb to 22<sup>nd</sup> March, 2019  
10.00am – 12.00 noon  
at

## Koe-nara

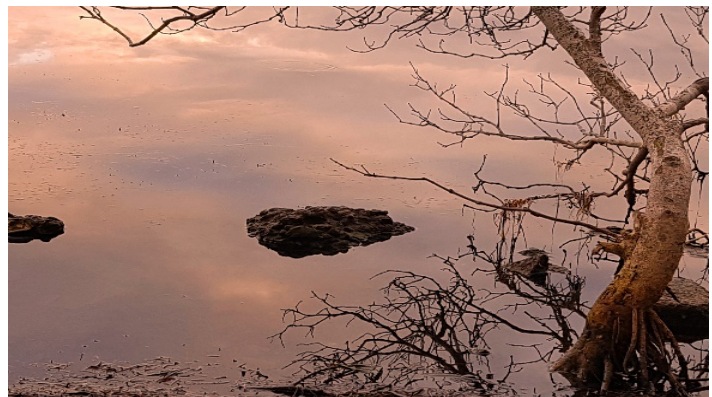
In the grounds of Cessnock Public School  
Rawson Street Cessnock, 2325.

### Discussions may include:

- \* Finding beauty in the moment
- \* Slowing down and creating space
- \* Are there alternatives to “there’s not enough time”?
- \* Prioritising what really matters
- \* Self-care, kindness and creativity

Free children’s activities &  
Morning Tea provided

To register, please call  
Jane on 4990 9354



The Family Relationships and Skills program is funded by the  
Australian Government through Family Support Newcastle.

