

Max and Gener from Family Support Newcastle  
invites parents or carers of dependent children to a  
**Free** workshop on.....

# Creating some calm in your world

Some things we will do:

- **Mindfulness exercises**
- **Body-centred practices**
- **Use of labyrinths**



**When:** Tuesday, 2<sup>nd</sup> April 2019

**Time:** 11am – 2pm

**Where:** FSN Family Centre  
2 High Street Waratah

**FREE CHILDREN'S GROUP AVAILABLE ON PREMISES**

To make a booking or for further inquiries please call us on

**4926 3577**

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

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your family, our community