

Family Support Newcastle and Gan Gan Family Centre invite parents or carers of dependent children to a **Free** group on.....

# Creating some calm in your world

Some things we will do:

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



**When:** Tuesday 2nd July

**Time:** 11:00 – 2:00

**Where:** Gan Gan Family Centre

Anna Bay Public School

(Best parking Old Main Road)

**LIGHT LUNCH PROVIDED & FREE CHILDREN'S GROUP AVAILABLE ON PREMISES**

**To make a booking or for further inquiries please call Jacqui or Petra on 4982 1767**

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

