

Max and Gener from Family Support Newcastle invites 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: Monday, 17th June

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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