

Family Support Newcastle and Thou Walla Schools as Community 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: Wednesday, 19th June

Time: 11:30 – 2:30

Where: Thou-Walla Schools as Community Centre, Irrawang Public School, Geer Street, Raymond Terrace 2324

LUNCH PROVIDE FREE CHILDREN'S GROUP AVAILABLE ON PREMISES

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

4987 4666

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



Family Support Newcastle
your family, our community