

Family Support Newcastle in partnership with First Steps Parenting Centre invites mothers/female carers to a FREE online group on...

Self-compassion

ONLINE

Join us for a 4-week online parenting group for mothers/female carers with children aged 0-5



Learn to practice self-kindness and strategies for stressful and uncertain times

When: **Wednesdays**
10th Nov – 1st Dec, 2021

Time: **10:00 am-12:00pm**

Where: **ONLINE**

To register please call:

4926 3577

Places are strictly limited!



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

