





Light supper provided

Activity group for children

available if needed

WHEN

Mondays **5.30pm - 7.30pm**

DATES

12 May to 23 June*

*Note: No group 9 June

WHERE

Waratah Family Centre, 2 High St, Waratah, Awabakal Country

Discussions include:

- Supporting your kids with understanding and managing their emotions
- Learning and practicing skills in Emotion Coaching
- How are emotions viewed in our society?
- Looking after yourself

to register or enquire call 4926 3577 or text 0490331275



