

Family Support Newcastle, and Nar-un-bah Schools as Community Centre would like to invite parents or carers of dependent children to a **Free** 6 week group...

My Life Journey

A group about re-connections
And new directions



Who am I?
What's really important?
Where am I going?
Finding my way

When: Wednesdays over 6 weeks
10th May – 14th June 2017

Time: 10.00am – 12.00pm

Where: Nar-un-bah
Schools as Community Centre
Fennell Bay Primary School
Fennell Bay

Discussions may include:

- ✓ Who I am and what's important to me.
- ✓ Where I've come from and where I'm going
- ✓ Looking beyond my roles and responsibilities.
- ✓ What and who supports me?
- ✓ Nurturing myself and my relationships
- ✓ Making space for love and joy
- ✓ Managing life's unexpected twists and turns.



Free Children's Activities and
Morning Tea provided

To make a booking or for further enquiries please call
Jennifer on 4959 6140



The Family Relationship Skills Project is funded by the
Australian Government and auspiced by Family Support Newcastle.

