CHAT Young Parent Group
Friday 10AM-12PM

This group provides a great opportunity for young and expecting parents aged 13-25 years to come together in a relaxed environment to meet new people and make new friends

Contact Josie on 0434 426 710

Date:	Activity:
31st January	Summer catch up! Let's catch up from our Summer holidays and talk about the fun and exciting things we did! We will also be doing some Summer craft.
7th February	Mindfulness and relaxation - we will be using our senses to do some mindfulness activities and practice relaxation techniques!
14th February	Special Valentine's Day Event: "Music for Wellbeing" – we have a special guest, Kim, from "Sonic Healing Environment" who will share her passion for music for wellbeing.
21st February	Cooking Day! Let's cook a yummy dish and eat with our friends!
28th February	Teddy Bears picnic – bring your favourite Teddy bear along to our Teddy Bear picnic with lots of yummy food!
6th March	Autumn leaves – We will be talking about how the seasons change throughout the year and will be doing some Autumn craft to welcome the beginning of the Autumn season!
13th March	Healthy eating – let's look at the Healthy Eating Pyramid – what do you already eat and what would you like to try? Let's make a healthy fruit salad.
20th March	Book Day! We will have a fun-filled morning dressed as our favourite book characters! Don't forget to bring along your favourite book for us to read and know who you're dressed as!
27th March	Self-care day – Let's have a morning dedicated to our own self-care! We will discover how to practice self-care and how it feels to pamper ourselves! We will be having a fun and relaxing morning of music and pampering activities.
3rd April	Easter and last day of CHAT for the term! Today we will celebrate Easter with an Easter Egg hunt and some fun Easter craft!

CENTRAL COAST
FAMILY SUPPORT SERVICES

Long Jetty Uniting Church Hall, 204 The Entrance Rd, Long Jetty

benevolent SOCIETY

Communities For Children WYONG