

What's on in Term 1, 2018 at Family Support Network

WE HAVE MOVED TO... 30 WYRALLAH ROAD, EAST LISMORE

South Lismore Family Centre

(41 Wilson Street) Wednesday and Fridays
Phone 6621 2489 to find out more information or email admin@fsn.org.au or just drop in.

A free morning tea and craft activity to share with your child are provided.

Playgroup With Sasha

Wednesday and Friday During School Term.
10am to 12pm. For parents and carers and their children under school age.

Nimbin Family Centre (Building E, Lilly Pilly Place, 81 Cullen St—car park in Sibley St)
Phone 6689 0423 email nimbin@fsn.org.au or just drop in. A free morning tea and craft activity to share with your child are provided.

Playgroup with Karen

Friday During school term 10am to 12noon

Start Together Program

Support for parents of children up to 3 years old to help them achieve their developmental milestones. Our team can meet you at home or other locations in the Richmond Valley, Kyogle and Lismore areas.

Each visit, we explore a new area of child development, meeting milestones and learning through play. Share your experiences of parenthood while playing with a range of educational activities.

Start Together Babies Group for all carers from pregnancy through to babies 12 months of age.

Lismore Thursdays During School Term
1pm to 3pm at 41 Wilson Street, South Lismore

Nimbin Tuesdays During School Term
10am to 12noon at 81 Cullen Street, Nimbin

Parenting Groups

Triple P with Gudrun

Tuesdays February 13th, 20th & 27th. March 6th & 13th 2018. 10am to 12.30pm.

Triple P can help you:

- Build a positive relationship with your child.
- Help your child develop to their full potential.
- Use discipline strategies that work.
- Take care of yourself as a parent.

This group is recommended for parents & carers of children aged 2 to 12 years.
Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.

Engaging Adolescents with Gudrun

Thursdays 15 & 22 February, 1 & 8 March 2018.
10am to 12.30pm.

How to have those 'tough conversations' with your teenager while deepening and strengthening your relationship. For parents & carers of teens.

Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.

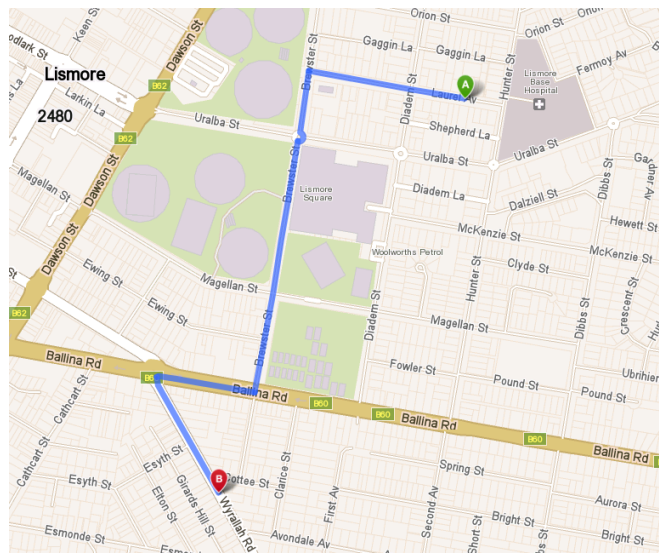
Dad's Group with Greg

Dad's stuff is a men's parenting program designed for anyone in a fathering role. Dads, Uncles, Pops and Carers are welcome to attend this four week program designed to help men be the best dad they can be.

This program explores what it is to be a dad today, how we communicate, what drives behaviour, child development, dealing with change, parenting styles, strong emotions and "Dad Maintenance".

Dads Stuff begins in the week commencing 26th February and continues for four weekly sessions.

Refreshments & snacks are provided. Call 66212489 to discuss your preferred session time.



Family Support Network inc
30 Wyrallah Road, East Lismore NSW
(on-street parking or via Cottee Street)
Ph 6621 2489 Fax 6621 5208
Email: admin@fsn.org.au
Web site: www.fsn.org.au
Open 9am to 4pm Monday to Friday
except Wednesday - open 9am to 1:30pm
All our programs are free of charge

