

# What's on in Term 1, 2019 at Family Support Network

## Family Support Network inc

30 Wyrallah Road, East Lismore NSW 2480  
Ph 6621 2489 Fax 6621 5208  
admin@fsn.org.au www.fsn.org.au  
Open 9am to 4pm Monday to Friday

## South Lismore Playgroups with Karen

### Free to attend

(41 Wilson Street) 10 am to 12 noon  
Wednesday and Fridays during school terms  
Phone 6621 2489 to find out more information or just drop in. A free morning tea and craft activity to share with your child are provided. All families with children under school age are welcome to join us.

## Nimbin Playgroups with Kelly

### Free to attend

(Building E, Lilly Pilly Place, 81 Cullen Street car park in Sibley St)  
Fridays 10am to 12 noon during school term.  
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.

## Start Together Groups

Support for parents of children up to 3 years old, helping them achieve their developmental milestones.  
Share your experiences of parenthood while playing with a range of educational activities.  
**Young Parents Group** for parents in their teens and 20's, from pregnancy to children 3 years of age.

**Lismore** Thursdays During School Term  
1pm to 3pm at 41 Wilson Street, South Lismore  
Ages 0- 3 years

**Nimbin** Tuesdays During School Term  
10am to 12 noon at 81 Cullen Street, Nimbin  
Ages 0-3 years

## Start Together Story Time – Kyogle

A group which helps to develop early literacy skills in children up to 3 years of age.  
Come along for songs, rhymes and stories at Kyogle Library - Stratheden St, Kyogle. Free to attend.  
Fridays from 10 am till 11 am during school term.

As well as these groups, our team can meet you at home or other locations in the Richmond Valley, Kyogle and Lismore areas to talk about all things parenting from pregnancy to child aged 3 years.

## Healthy Lunchbox Workshop

Tuesday 15 January 2019 11am to 1pm  
41 Wilson Street, South Lismore.  
Parents and children are invited to come along to this interactive workshop, facilitated by Munch and Move a NSW Health initiative. Lunch will be provided, with the opportunity to participate in the preparation.  
To RSVP by January 14th, ph 02 6621 2489

## Parenting Groups

### Tuning into Kids with Courtney

Tuesdays February 19th, 26th, March 5th, 12th, 19th, 26th 10am to 12.30pm.  
Tuning In To Kids gives you helpful ways of teaching your child the skills of emotional intelligence. With these skills, you can help your children learn to understand and regulate their emotions. Children with good emotional intelligence often have better emotional & social skills, as well as fewer behavioural difficulties.  
Held at 41 Wilson Street, South Lismore. Morning tea included. RSVP to 6621 2489.

### Dad's Stuff with Greg

Tuesdays 19 February to 26 March. 1 to 3.30 pm  
41 Wilson Street, South Lismore.  
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.

### Nurtured Heart Approach with Gordon

Fridays February 15th, 22nd, March 1st, 8th, 15th, 22nd 10am to 1pm  
The Nurtured Heart Approach is more than a parenting behaviour management strategy. It is a relational method which awakens greatness and inspires successful behaviour in children, including those who are challenged behaviourally, socially and academically, while facilitating parenting success.  
Held at 30 Wyrallah Road, East Lismore. Morning tea included. RSVP to 6621 2489.

## FAMILIES PLUS

*Value adding to your family wellbeing*  
At Family Support Network we recognise that raising children and managing multiple responsibilities is often a juggle. To ease the pressure we will be offering a series of informative, educative and practical skills sessions to help parents and carers balance the many challenges of raising children and providing for their family. Phone 6621 2489 for more information about start date and topics.