



Are you a young parent aged 25 or under?



Munchkins Playgroups & Young Parents' Group

Making friends and having fun in a safe, non-judgemental environment.

Young mums, dads and their children sharing experiences, fun outings, workshops, arts & crafts, learning new skills, helping each other, playing together, networking, access to info, support & assistance



All activities are free.
Catering is provided.
Transport can be arranged.



See the back of this flyer for more details, or phone Ruth on 4771 3648 or 0418 721 464

Munchkins Playgroups

Young parents and kids having fun together. Help give your kids the best start in life

- * Help your children to learn, play, share
- * Picnics and BBQs
- * Art, craft, games, books, songs
- * Billabong Sanctuary, Freckles Fun Factory
- * Strand Water Park, swimming lessons
- * Reef HQ & Museum
- * Family outings

Young Parents' Group

It's all about the mums and dads. What would you like to learn? (Childcare provided where necessary).

- * Parenting skills, behaviour management
- * Guest speakers, eg housing, health, education
- * Random fun stuff, e.g. a trip to the movies
- * Senior First Aid Certificate
- * Budgeting and finance
- * Art and craft activities
- * Cooking, health and nutrition
- * Relationship skills, relaxation, yoga
- * Free food

Other Stuff

Extra support for you and your family if you need it, if you want it.

- * Outreach service, home visits
- * Referrals to and from community and government service providers
- * Education and employment assistance
- * Free courses and training
- * Advocacy

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Australian Government

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