



At FamilyZone Hub

Do you care for a child with a disability, developmental delay or chronic medical condition? 'MyTime' is a group for mothers, fathers and other family carers to socialize and share ideas and information with others who understand the rewards and intensity of caring for a child with special needs.

'MyTime' group will start at the FamilyZone Hub on Thursday 4 February 2010 and will run weekly 12.30pm - 2.30pm.

Crèche for children is provided.

Please phone Karen Stott at the FamilyZone on **8349 6099** to register for this group.

Any Ideas?

We are always open for new Ideas. If you have any suggestions about a group or a workshop come and share it with us.

Keep an eye on the board



Exciting things are happening at the Hub all the time. Keep an eye on the notice board for the latest information.

Budget Family Cooking

Join us on **Tuesday's** for 6 weeks from 10 am - 12 pm

Start date: 23rd of February
End date: 30th March

Learn new skills in preparation and cooking on a budget for your family. Hands on cooking each week.

Crèche is available

There is no cost but you do need to book. Ring reception or phone **Liz on 8349 6099.**



A TASTE OF YOGA AT THE HUB



Starts *new* in February on Wednesdays

Come Yoga for exercise,

**Come Yoga for fun,
Come Yoga to meet new people**

Come and meet our new Yoga teacher. Wear comfy clothes, bring a mat (optional) and a water bottle.

**First Session:
Wednesday 4th February
9am - 10.30am**



Call **8349 6099** for more information or just come along.



The Communities for Children Initiative is supported by the Australian Government



LUTHERAN COMMUNITY CARE
'Sharing the love of Christ - building caring communities'

Afghani Women's group program

The New Afghani Women's group program has now been produced and was given to the ladies who were here on Thursday 10th December. If you would like to have a copy please see Robin. For those who have not received the program our first activity will be held on January 28th, and will be Swimming at the Clovercrest Pool.

Please be here by 9.30 am

for a 10 am start at the pool. **Please note because of the smaller bus NO prams or pushers are to be taken on the bus.**



Monday 10.00 - 12.00

Following the success of Monday Magic last term we plan to continue this on a Monday.

We will provide a guest speaker and a crèche once a month.

On the other mornings come along to Family Zone, meet with other women have a chat and coffee and use the play facilities.

Please see the notice board for the program of guest speakers - make sure you book to join us.



Monday

- TAFE English Classes 9.30am - 12.45pm
- Family Day Care Playgroup 10am -12pm
- Monday Magic 10 - 12pm
- Busy Fingers 12.30 - 2.30pm
- English with Confidence 1.00-2.30pm
- Young parent's group 1.30 - 3.00pm

Tuesday

- TAFE English Classes 9.30am - 12.45pm
- 7 Stars Baby Group 9.30am -11.30pm
- Mini Me's 12.30 - 2.30pm
- Twins Playtime 1.30 - 3.30pm

Wednesday

- TAFE English Classes 9.30am - 12.45pm
- Yoga Class 9.00 - 10.30am
- African Playgroup 10.30am - 12pm
- African Mother's Group 12 - 2pm

Thursday

- Move & Groove 10-11am
- Afghani Women's Group 9am -12pm
- Indian Support Group 12-2pm
- "MyTime" Group 12.30 - 2.30pm
- Mel's Baby Group 1.30-3.30pm

Friday

- Playgroup 9.30-11.30am
- New Age Mums 11.30 -1.30pm

NEW AGE MUMS

FRIDAY 11.30 - 1.30

Come along and join a diverse group of Mums, socialise and un wind.

We have an exciting program this term, some parent orientated and some children focused.

Some activities occur with crèche facilities.

Call for our program 8349 6099
or just visit on the day

Women's Personal Safety Program

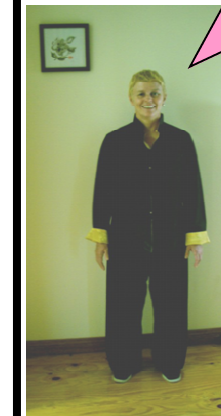
4 weeks on Mondays

Starts 22nd February 2010

Time: 12.30—2.30

Location: FamilyZone Hub

A 4 week self defence course that teaches women how to be strong, protect themselves and stay safe!



- Walk in a way that makes you feel less vulnerable.
- Have a voice. Be seen, listened to & heard.
- Use body language to appear assertive and confident.
- Use practical, physical self defence techniques.
- Be assertive and ask for what you want.
- Talk about your experiences.

It's free