



Rainbow Play & Support Group

A supportive environment for mothers, babies and young children of all abilities up to 3 years of age

Are you feeling

- Burnt Out? Tired? Not coping?
- Alone? Like nobody is listening to you?
- Do you want to make some new friends?

Is your baby

- Unsettled? Crying all the time?
- Having feeding issues? Not Sleeping?



The Group will be facilitated by a Social Worker and Family Worker from Biala's Early Childhood Development Service and will provide you with:

- ◆ Emotional support
- ◆ Welcoming, safe and relaxing environment
- ◆ Opportunity to come and de-stress and talk with others
- ◆ Discuss issues and difficulties you may be experiencing
- ◆ Occasional outings to local activities
- ◆ Use of specialised toys, positional equipment and visuals
- ◆ Parent information from the Playsteps programme by QEC including baby and child cues, following children's lead and baby massage
- ◆ Parent education component in each session

Resources will be available by way of an information booklet and local referral contact's. A variety of guest speakers including various therapists, services and the local Maternal & Child Health Nurse, will be invited to visit the group.



Dates	Every Tuesday Beginning 26th July to 13th September 2011
Times	10.00am to 12.00pm
Venue	Cardinia Living and Learning Centre 6b Henry Street, Pakenham
Cost	FREE
For more info	Contact Louise Goodwin on 5996 7026