



Biala Parent Interest and Support Group

You're invited to attend the Biala Parents Support Group. This group is being offered to all Biala parents to provide an ongoing venue for you to meet, socialize, share and gather information about issues of interest to you or that affect you.

You will have access to information, resources and advice from Biala's Family Worker and guest speakers from Biala staff and externally. Activities and Workshops will be scheduled as required and determined by participant request. Past topics enjoyed by parents have included;

- ◆ *Massage*
- ◆ *Relaxation*
- ◆ *Sensory issues for children*
- ◆ *Craft activities*
- ◆ *Drawing therapy*
- ◆ *Kindergarten and school transition*

What have you got out of attending the parent support group?

"Heaps of support and reassurance; the opportunity to vent and get others opinions. Really enjoyed it"

"Time for myself, a laugh, a cry..... support"

"Heaps of new ideas being brought forward, support knowing other parents go through same issues"

"Support, friendship"

"Support, encouragement, wealth of information, time-out"



"It has been fabulous to get together with other parents and share our experiences and learn from each other."



Dates	Every Tuesday from 18th October to 6th December 2011
Times	1:30pm to 3:00pm
Venue	Community Room Timbarra Children's Centre 26 Parkhill Drive, Berwick <i>(Behind the integrated health centre in the Children's Centre, left as you go in the door. Any children attending will be cared for in the children's centre).</i>
Cost	FREE
To book	Please call Louise or Marlene to register for the group and inform us if any children will be attending with you.
For more info	Contact Louise or Marlene on 5996 7026