

## Hopetown Parents and Carers group activities - Term 2 2018

Date	Activity	Venue	Meeting time
3 <sup>rd</sup> May	School Morning tea	School Dining Room	9:30-10:30am
10 <sup>th</sup> May	Mindfulness for Wellbeing Session 1	School Dining Room	9:30-10:30am
12 <sup>th</sup> May (Saturday)	Stepping Stones triple P workshop 1 to help parents with raising children 2-12years with disabilities	Phillip House, 21 Old Mount Penang Rd, Kariong Talk to Jennine to register	10.00am-12:30pm Meet at school at 9am if wanting a lift
17 <sup>th</sup> May	Mindfulness for wellbeing Session2	School Dining Room	9:30-10:30am
19 <sup>th</sup> May (Saturday)	Stepping Stones triple P workshop 2 to help parents with raising children 2-12years with disabilities	Phillip House, 21 Old Mount Penang Rd, Kariong Talk to Jennine to register	10.00am-12:30pm Meet at school at 9am if wanting a lift
24 <sup>th</sup> May	Mindfulness for wellbeing Session 3	School Dining room	9:30-10:30am
31 <sup>st</sup> May	Mindfulness for wellbeing Session 4	School Dining room	9:30-10:30am
6 <sup>th</sup> June (Wednesday)	123 Magic and emotion coaching parent course for mothers of children between 2-12years <b>Session 1</b>	Northern Women's Health Centre 7 Rose Street, Wyong Talk to Jennine to register	10:00am-12:00 pm
7 <sup>th</sup> June	Cooking Class with Nona and Irene	School dining room	9:30-11:00am
12 <sup>th</sup> June (Tuesday)	Carers and the NDIS -a free workshop designed to help carers get the best outcome from the NDIS for the person they care for and for themselves. Day 1: An introduction to the NDIS	Central Coast: Bateau Bay Talk to Jennine to register	10:00am to 1:30pm Meet at school at 9am if wanting a lift
13 <sup>th</sup> June (Wednesday)	123 Magic and emotion coaching parent course for mothers of children between 2-12years <b>Session 2</b>	Northern Women's Health Centre 7 Rose Street, Wyong Talk to Jennine to register	10:00am-12:00 pm
14 <sup>th</sup> June	Free Morning tea at the Milk factory Café and visit to the chocolate factory	141 Alison Rd Wyong	9:30-11:00am Meet at school at 9am if wanting a lift
26 <sup>th</sup> June (Tuesday)	Carers and the NDIS - a free workshop designed to help carers get the best outcome from the NDIS for the person they care for and for themselves. Day 2: Your role as a carer in the NDIS	Central Coast: Bateau Bay Talk to Jennine to register	10:00am to 1:30pm Meet at school at 9am if wanting a lift
29 <sup>th</sup> June (Wednesday)	123 Magic and emotion coaching parent course for mothers of children between 2-12years <b>Session 3</b>	Northern Women's Health Centre 7 Rose Street, Wyong Talk to Jennine to register	10:00am-12:00 pm
21 <sup>st</sup> June	School Morning tea and fun with colours -come along and find out which colours suit your skin type and bring out the best in you – great help when buying new clothes and deciding what to wear!	School dining room	9:30-10:30am
28 <sup>th</sup> June	Free lunch at Charming Thai	159 Pacific Hwy Charmhaven	12:00-1:30pm Meet at school at 11:30am if wanting a lift
5 <sup>th</sup> July	Cooking Class with Nona and Irene	School dining room	9:30-11am

**All activities are free this term.** 😊 Please note: to attend the courses highlighted with colour please call and register with Jennine as soon as possible as places are filling up quickly. Amanda from the Family Referral Service will attending these activities fortnightly - check with Jennine which dates if you want to speak especially with her. Look forward to seeing you!