

It's a meeting place In all kinds of weather Connecting family and friends It's a place of trust A place we all have fun together

(Robyn Jacob, 2014)

Karitane is a not for profit organisation & registered charity commited to supporting families.



### **KARITANE®**

KARITANE CARELINE

Call 1300 227 464 to speak to a friendly and experienced child and family health nurse.

KARITANE.COM.AU







# What is a Supported Playgroup

A safe and fun place for your child to:

- Play, Sing, Dance
- Learn
- Grow
- Socialise and
- Connect with culture and country/land

And parents/caregivers can:

- Play, sing, dance and have a yarn with other mums
- Learn about child growth and development
- Grow parenting confidence and
- Socialise and connect with your community/mob.

## Our trained playgroup facilitators can:

- Provide advice and referral about other services for all Aboriginal mothers
- Share information on self-care, health and wellbeing
- Educate about child development and behaviour management
- Support your parenting needs and questions using the small talk-Big yarns program and resources



### **Contact Details**

To join Lil' Possums please call Aunty Freda:

(02) 9754 2655

Monday - Friday

8:30am - 5:00pm



# Lil' Possums is run during school term at:

### Bonnyrigg

**BONNYRIGG PUBLIC SCHOOL** 

59 Tarlington Parade, Bonnyrigg NSW Wednesdays: 11:00am - 1:00pm

