



FREE COURSES & WORKSHOPS

For parents and carers of children 0-12yrs
February to April 2012

Central Coast Community Women's Health Centre invites all Parents (including those who are expecting) and Carers living in the Southern Lakes (2261 postcode) area to the following:

Courses Term 1 2012

2nd – 30th March	Light Exercise: after pregnancy & birth <i>Fridays 11am-12noon at the Berkeley Centre, Glenning Valley</i>	5 weeks
5th – 26th March	Singing, Percussion & Dance <i>Mondays 10am at The Entrance Community Centre, The Entrance</i>	4 weeks
8th – 29th March	Becoming a Family <i>Interrelate Family Centres</i> <i>Thursdays 9.30-12.30 at The Entrance Community Centre</i>	4 weeks
Feb/March	Calmbirth: preparation for birth (referral only) <i>Tuesdays 6.30pm-8.30pm at Warnervale Family Centre, Hamlyn Terrace.</i>	5 weeks

Workshops Term 1 2012:

- **Pregnancy Stretch & Relax** - 9.30am-1.30pm and lunch is included
Wednesday 28th March at Berkeley Centre and/or
Saturday 31st March at Tuggerah Lakes Community Centre, Bateau Bay.
- **Pampering, self care & massage (referral only)**
10-12pm Wednesday 28th March at The Entrance Community Centre
- **Understanding your child's behaviour**
10am-12pm Tuesday 28th February at Berkeley Centre, Glenning Valley

Want to book a place or to know more?

- phone 43530093 Mon, Tues & Thursday-please leave a message if no answer or
- book at the Information Hub, Bay Village open 9.30-12.30 Mon, Thurs & Fridays or
- email: sally.jope@cccwhc.com.au

Bookings are essential - especially for the limited free child care that is available for most courses & workshops.

Please aim to book at least one week before the start of the course or workshop; attendance will be confirmed during this week.

Don't forget to come along to

Play Café

10am-12pm

**Wednesdays during school term
@ The Entrance Community Centre**



A partnership between Central Coast Community Women's Health Centre Ltd and The Benevolent Society

The Communities for Children Initiative is funded by the Department of Families, Housing, Community Services and Indigenous Affairs