

# Smiles

**FREE**

For more information, or to  
register your child, call the Family  
Rural Resilience Program at  
Centacare NENW on

**6750 8500**

Smiles is a **FREE 6-week** program for children aged between 8 and 11 years of age who are supporting family members with a mental illness.

The Smiles program aims to:

- 😊 Increase ability to cope effectively
- 😊 Develop resilience
- 😊 Improve knowledge about mental illness
- 😊 Provide opportunities for self expression
- 😊 Increase self-esteem
- 😊 Reduce feelings of isolation

**When:** Thursday's — 21st & 28th February, 7th, 14th, 21st & 28th March 2019

**Time:** 3.30-5.00pm each day listed

**Cost:** FREE

**Where:** Centacare NENW – 48 Auburn Street, MOREE

\*This course will be cancelled 7 days prior to the commencement date if there are insufficient registrations.



All program participants will need to be registered for Holistic Family Support to access our free services including groups.

This course will be cancelled 7 days prior to the commencement date if there aren't enough registrations.

Centacare NENW acknowledges the traditional custodians of this land, and pays respect to the elders past and present.



This program is  
funded by the  
Australian Government  
Department of  
Social Services



**Centacare**  
New England North West  
*Rural Resilience*

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE