



## **STRENGTHENING PARENT SUPPORT PROGRAM - RINGWOOD**

### PEER SUPPORT GROUP FOR PARENTS & CARERS OF CHILDREN AGE 0-18 WITH A DISABILITY OR DEVELOPMENTAL DELAY

Busy? Tired? No time for yourself? You are not alone!

Your stories may not be the same, but the importance of taking care of yourself is. Come and have a cuppa and a chat with other parents.

Share stories, frustrations and ideas and be ready to have some laughs too!

**WHEN:** 2nd Tuesday of every month  
(except school holidays) - Feb 13th,  
March 13th, May 8th

**TIME:** 7:00 - 8:00 PM

**WHERE:** Central Ringwood Community  
Centre, Rosewarne Lane, Ringwood

**COST:** FREE OF CHARGE  
Bookings are essential.

**BOOKINGS:**  
Grace Miano on 9735 6146 or  
[strengtheningparentsupport@anglicarevic.org.au](mailto:strengtheningparentsupport@anglicarevic.org.au)

The Strengthening Parent Support  
Program is delivered by Anglicare  
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Education  
and Training

