



OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced mental health challenges and their preschool children

- Meet other parents and share ideas
- Build social connections, have some refreshments, learn parenting tips and access resources.
- Help to feel closer to your child and understand what they need
- Play and have fun with your child
- Caring for ourselves

DATE: Tuesday mornings (excluding Victorian school holidays and public holidays).

TIME: 9.30am-11.30am

WHERE: Frankston area

BOOKINGS AND ENQUIRIES:

Iris Guasch- Parent Resource Coordinator
Email: iris.guasch@anglicarevic.org.au or Call/
text 0436 007 492 to book.

Sarah Dickenson- FaPMI Coordinator
Email: fapmi@phcn.vic.gov.au
text 0439 336 808

