

MOTHERS OF MANY SOCIETIES

SUPPORT GROUP

SUPPORTED PROGRAM FOR MOTHERS FROM CULTURALLY
AND LINGUISTICALLY DIVERSE BACKGROUND (CALD)



Informal session where mums, and babies meet up in a relaxed and friendly environment.

Motherhood is a learning process and through real life conversation and interactions with other mums.

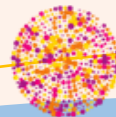
Motherhood is a learning process and through real life conversation and interactions with other mums.

VENUE:

Jeffrey House, Parramatta
Community Health Centre

Every Tuesday

Time: 10.00 –12 noon



Women's &
Newborn Health
Westmead Hospital



Health
Western Sydney
Local Health District



CITY OF
PARRAMATTA

CMRC
Community Migrant Resource Centre

MOMS PROGRAM (Mothers of Many Societies) 2019 Schedule

A Support Program for Mothers from Culturally & Linguistically Diverse Background (CALD)

Please contact: Nelma 8890 6153 Norma Boules 9687 9901

Venue: Parramatta Community Health Centre Jeffrey House 162 Marsden St. Parramatta

Baby Care/ Blue Book	5/3/19	7/5/19	30/7/19	22/10/19	Child & Family Health Nurse
Parenting/ Sleep and Settling	12/3/19	14/5/19	6/8/19	29/10/19	Child & Family Health Nurse
Baby Development/ Early Literacy	19/3/19	21/5/19	13/8/19	5/11/19	City of Parramatta
Children Dental Education	26/3/19	28/5/19	20/8/19	12/11/19	Oral Health (TBA)
Emotional Well-being	2/4/19	4/6/19	27/8/19	19/11/19	TBA
Positive Parenting Program 1,2 &3	9/4/19	11/6/19	3/9/19	26/11/19	Community Migrant Resource Centre (CMRC)
Play Groups/ Ongoing Support	16/4/19	18/6/19	10/9/19	3/12/19	Community Migrant Resource Centre (CMRC)

