



STRENGTHENING PARENT SUPPORT PROGRAM - VERMONT SOUTH 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: 3rd Tuesday of every month
(except school holidays) - Feb 28th,
March 20th, April 17th, May 15th
9:30 - 10:30AM

TIME: Vermont South Special School, 22-
30 Livingstone Rd, Vermont South
3133

COST: FREE of charge.

BOOKINGS: Bookings are essential.

Grace Miano on 9735 6146 or
strengtheningparentsupport@anglicarevic.org.au

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

