

Multicultural Parenting Support Group

Playful Connections

A free 8-week parenting support group for multicultural mothers and caregivers. Providing a safe space where caregivers can connect, share, and learn with others.

Topics of discussion:

- How to manage our and our children's 'big' emotions
- Build healthy relationships
- Boundaries
- Cultural identity
- Self-care
- Importance of play.

Interpreters can be arranged for participants who wish to join. Food and refreshments will be provided.

To enquire about joining this group or for more information call us on 6330 5400 or email FDV@luma.org.au



Playful Connections

Thursdays
10am — 12pm

8th February —
28th March
2024

luma.org.au

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Northbridge WA

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AND WELLBEING