

# Multicultural Parenting Support Group

## Playful Connections

A free 10-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.



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Thursdays  
10am — 12pm

25<sup>th</sup> July — 26<sup>th</sup>  
September  
2024

[luma.org.au](http://luma.org.au)

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