

Coffee & Chat



If you are a mum who is experiencing mental health issues with children in your care, you are invited to a coffee & chat group to expand your support networks and develop new friendships in a safe and informal environment.

- *Develop new ways of coping*
- *Explore parenting issues*
- *Develop a practical support and social network*
- *Have fun and develop new friendships*

Where: Edithvale Community House
8 Lochiel Avenue, Edithvale Victoria 3196

When: Second Thursday of the month commencing 11 March 2010

Time: 10 am – 12 noon

Register: Phone Aly or Ros at Family Life 9782 7800

Cost: No cost