

POPPY Playgroup

Make Way For Play



**Supporting parents with
mental health wellbeing and
their children birth to five years**



FREE Play sessions include morning tea,
planned and spontaneous play activities,
health, nutrition and other useful parenting
information

POPPY playgroup offers parents with mental health difficulties the opportunity to participate in play with their children.

Meet other parents and have a break from your daily routine.

Share parenting experiences in a friendly and supportive space.

Guest speakers and excursions.

Some transport help may be available.

Meet Early Childhood professionals offering support and information on:

- Child development and behaviour
- Baby care
- Self care
- Health and nutrition
- Links to other services



Playgroups during school terms only

Barnardos Children's Family Centre South Coast

Want to know more? Please call us
02 4275 8575 | barnardos.org.au



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