



NAREMBURN & NORTHERN BEACHES FAMILY CENTRES

TERM 1 PROGRAMS 2020

catholiccaredbb.org.au/brochures

WOMEN'S WELLBEING GROUP

A space for women over 18 to come together in a safe welcoming environment. Join us for art, cooking, yoga, support and more.

Fridays

7 February – 3 April 2020
10.30am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
Free

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

KEEPING KIDS IN MIND

For parents experiencing conflict after separation. Learn how to support your children.

Thursdays

13 February – 12 March 2020
10.00am – 12.30pm

Northern Beaches Family Centre
116/20 Dale Street, Brookvale

Cost
\$100

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

STEP INTO WORK

Designed for women who want to find meaningful paid work. Assists with recruitment, coaching, planning and stress management.

Tuesdays

18 February – 17 March 2020
10.00am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
Free

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

1 - 2 - 3 MAGIC

For parents of 2 - 12 year olds. Learn how to manage behaviour without arguing or shouting and enhance your relationship with your children.

Tuesdays

24 March – 7 April 2020
10.30am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
\$20

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