



Are you Young Mums (under 25 years) with a baby under 12 months, and living in Rockingham and Cooloongup area?

Come along and meet other young parents and their children!

- Welcoming, nurturing and supportive environment.
- Develop your parenting skills
- Afternoon tea provide
- Meet other parents in a fun, welcoming and supportive environment.
- Learn to understand your child's behaviour and plenty more play ideas to share with your child, such as workshops on brain development, sleep difficulties and challenging behaviour issues; age appropriate activities and experiences for you and your child/ children to enjoy together, etc.
- Build confidence and self-esteem.
- Transport provided if needed.

Where:

Ngala Rockingham

113 Read St, Rockingham

When:

Tuesday 1.30-3.00pm

Phone: 0427 390 795

For further information



Helpline 9368 9368

Or 1800 111 546 (country callers)

www.ngala.com.au



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Ngala
Parenting with Confidence