



**Are you Young Mums (under 25 years) with toddlers over 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
- Enjoy a cooked onsite lunch together and a chat close to heart.
- 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

**Tuesday 10.00-12.00**

**Phone: 0427 390 795**

**For further information**

