

SydWest Multicultural Services

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SYDWEST FAMILIES SERVICES PROVIDE SUPPORT FOR FAMILIES, WOMEN AND CHILDREN OF ALL CULTURAL BACKGROUNDS

MOTHERS SUPPORT GROUPS:

Our Mothers Support Groups for women in the Blacktown and Penrith local government areas are a great way for women to meet and share with others while their children are cared for in an adjoining room by trained professional staff. Mothers are given a break and the chance to discover more about parenting, education, health and wellbeing and other topics of interest.

We have six groups that meet during the school terms:

BERT OLDFIELD MUMS AND BUBS

In term one the Bert Oldfield Mums and Bubs Group will participate in a range of play-based music, craft and reading activities. They will also take part in discussions around parenting informed by the Triple P Positive Parenting program.

Thursdays during school terms, 9:30 – 11:30

**Community Hub Room
Bert Oldfield Public School, Seven Hills**

BLACKTOWN MULTICULTURAL MOTHERS SUPPORT GROUP

In term one the Blacktown Multicultural Mothers Support Group will participate in health discussions in partnership with **NSW Health Bilingual Educators** and creative activities such as cooking.

Thursdays during school terms, 10:00 – 12:00

SydWest Office Blacktown, Ground floor, Suite1, 125 Main St, Blacktown

GLENWOOD INDIAN MOTHERS SUPPORT GROUP

In term one the Glenwood Indian Mothers Support Group will take part in the Art as Therapy wellbeing program in partnership with **Wesley Mission**.

Tuesdays during School Terms, 10-12

Glenwood Community Hub, 72 Glenwood Park Drive, Glenwood 2768

We speak your language and we understand your culture.

We support families with children from ages 0-8 in the Blacktown and Hills LGAs.

Our Families program is funded by the NSW Department of Communities and Justice



MT DRUITT MULTICULTURAL MOTHERS SUPPORT GROUP

In term one the Mt Druitt Multicultural Mothers Support Group will participate in the Wrapped in Angels program run in partnership with Wesley Mission.

Mondays during school terms, 10:00 – 12:00
SydWest Office Mount Druitt, Shop 9, 6-10 Mount Street

PENRITH MIGRANT AND REFUGEE WOMEN SUPPORT GROUP

In term one the Penrith Migrants and Refugee Women's group will take part in the Tuning into Kids parenting program in partnership with Penrith City Council.

Thursdays during school terms, 10:00 – 12:00
St Marys Memorial Hall, Corner of Great Western Highway and Mamre Road

RIVERSTONE MUMS AND BUBS

In term one the Riverstone Mums and Bubs group will participate in a range of play-based music, craft and reading activities.

They will also take part in discussions around recycling, healthy cooking and building resilience in children.

Fridays during school terms, 10:00 – 12:00
Riverstone Uniting Church, 62 Garfield Rd E, Riverstone NSW

PLAYGROUP:

Our playgroup in Blacktown supports families with pre-school aged children from 0-3 years. Through our weekly playgroup program children are led through music, craft and reading activities, and are encouraged to discover, explore and problem solve through play-based learning.

BOOKINGS ARE ESSENTIAL!
TO MAKE A BOOKING PLEASE CALL 9621 6633



Sydwest Families Team

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