



ABN 43695 732660
 "The birthright of every child is
 equal opportunity"

Spring—2010 Quarterly
 Volume 4—Issue 4

KEEPING IN TOUCH

Official Publication of North West Sydney
 Lone Parent Family Support Service

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General News

Hello Everyone,

We hope you are enjoying the holiday break with your families and look forward to seeing you in term 4.

We have been very busy moving and as there is only 2 of us we ask that you are patient during this transition period. We have moved into more affordable rental and we are located in Parramatta Mall, in the building to the right of St Johns Parish Hall near the children's playground.

Unemployed Women

There is information available for any one contemplating on returning to the workforce. Dress for Success offers free clothing, styling and presentation skills to women wanting to enter or return to the workforce or needing new clothes to present themselves well at an important life event. If you are interested please contact June at the office as the referral must go through an agency.

Bringing Baby Home

Centacare Parramatta has developed a new program called Bring Baby Home. This program is for new parents to help strengthen their relationship with their baby. If you are interested please call the office.

Free Cycling Training Course

Parramatta City Council is holding a FREE Cycling Training Course which will have you riding with confidence, making getting around on your bike quick and easy. Two of the courses have already been completed but the other dates for the courses are October 10th, November 7th and November 21. To reserve your place call 98065766 or email cycling@parracity.nsw.gov.au

Dioxin Chemicals

Dioxin Chemicals are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. We should not even be heating our food in the microwave using plastic containers. This applies to foods that contain fat. Nor should we use glad wrap because it is just as dangerous when placed over foods to be cooked in the microwave. Instead use glass or corning ware containers or cover food with a paper towel instead.

We hope to catch up with you soon. Meanwhile take care.

Remember don't forget to come to our group. We would love to see you.

Regards 😊
 June, Jane, Gordana, Grahme

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DISCLAIMER

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TERM 4, 2010 NEWS - WHATS BEEN HAPPENING

🏠 "The G.A.R.B."

Group Activity Report Blurb

If you have had tickets to the recent activities then you have been very lucky indeed as these tickets have been provided free from local businesses. If you are interested in receiving tickets please leave a message for Grahme on 98938249 and he will contact you when tickets are available.



Wise Advice from Children about Love

- "If falling in love is anything like learning how to spell, I don't want to do it. It takes too long." -- *Glenn, age 7*
- "Love is like an avalanche where you have to run for your life." -- *John, age 9*
- "I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." -- *Manuel, age 8*
- "No one is sure why it happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so popular." -- *Mae, age 9*
- "Once I'm done with kindergarten, I'm going to find me a wife." -- *Tom, age 5*
- "I'm in favor of love as long as it doesn't happen when *Dinosaurs* is on television." -- *Jill, age 6*
- "One of the people has freckles, and so he finds somebody else who has freckles too." -- *Andrew, age 6*
- "My mother says to look for a man who is kind. That's what I'll do. I'll find somebody who's kinda tall and handsome." -- *Carolyn, age 8*
- "It gives me a headache to think about that stuff. I'm just a kid. I don't need that kind of trouble." -- *Kenny, age 7*
- "One of you should know how to write a check. Because, even if you have tons of love, there is still going to be a lot of bills." -- *Ava, age 8*
- "I'm not rushing into being in love. I'm finding year four hard enough." -- *Regina, age 10*
- "[Being] single is better . . . for the simple reason that I wouldn't want to change no diapers. Of course, if I did get married, I'd figure something out. I'd just phone my mother and have her come over for some coffee and diaper-changing." -- *Kirsten, age 10*
- "Love is foolish...but I still might try it sometime." -- *Floyd, age 9*
- • "Love will find you, even if you are trying to hide from it. I been trying to hide from it since I was five, but the girls keep finding me." -- *Dave, age 8*

Lone Parent Family Support Service

Thursday Support Group

COME IN FOR A COFFEE & A CHAT
GIVE YOURSELF SOME ME TIME
FOR A COUPLE OF HOURS



A small and friendly group of lone Mums and Dads of all ages who meet on Thursday mornings 10:30 am – 12.30 pm during school terms.

Guest Speakers are invited to provide valuable information or provide an opportunity for relaxation and fun with crafts, etc.

Childcare is provided by 'Mobile Minders' at \$1.50 per child but you must **prebook** at the end of each term. A minimum of 3 children are required for us to provide childcare.

Mobile Minders are fully trained and qualified carers who come to our centre to look after your children whilst you attend the group. We have a small playroom for the children, which includes a large range of toys, games and books.



Don't forget to call the office 9893 8249 and book as soon as possible

Please let others know about our Thursday Group. We would like to see new people involved.

*Join our
Support
Group*

*All
welcome,
newcomer
s
especially
welcome*

*Thursday
10:30am
to
12:30pm*

Thursday Group Schedule

Group Activities Dates for Term 4- 2010

- 14th October** Group Resumes "How were your holidays?"
Bring along some pictures
-
- 21st October** **Handling complex, difficult and hard tasks and issues**
Come along and make these issues simple and easy
-
- 28th October** Coffee, chat and sharing experiences
-
- 4th November** No Group Today
-
- 11th November** Coffee, chat and sharing experiences
-
- 18th November** **Patience is a virtue**
Children test your patience constantly. Find out about techniques that can help you as their parent.
-
- 25th November** "Making Christmas decorations and hanging them"
-
- 4th December** "Final Group for Year 2010"
Bring a plate for our xmas party

NOTICE

We cannot provide handouts or notes regarding the group because we do not have the time or the resources to do so. Therefore we hope you are able to join us on Thursdays at 10.30am



School Holidays commence Friday 17th December 2010
School back Monday 28th January 2011
Check with your school to confirm exact day kids are returning.

Group resumes back Thursday October 14th 2010 at 10.30am
Enquiries: Please phone 9893 8249