



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

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KEEPING IN TOUCH

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 Lone Parent Family Support Service

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General News

Hello everyone

Jane is back from holidays and from all accounts had a nice break. Welcome back Jane. Jane is your first point of contact when you call the agency. Please remember when calling the office that you will be referred to me and I will contact you as soon as possible. Thank you.

Christmas

It is fast becoming a certain time of Year that we can either look forward to it or try and avoid it. I am talking about Christmas as if you didn't know. Many of you have taken advantage of the early no deposit lay-bys that were on offer at Target, Kmart and Big W just to name a few. This would make it easier in the long term and enable you to avoid disappointment if you left it too late. Planning is important so that you are not cramming everything in at the last minute and placing add strains on yourselves financially. So, just be aware that Christmas can be a pretty demanding time financially.

Living with Teens

Our course starts on Wednesday October 28th, November 4th, 11th, 18th, and 25th and the new start time is 10am to 12noon. Please contact this office if you or anyone you know would like to do this course. We need more people urgently.....

Computers

Just a reminder that if you are interested in quality computers call 1800 112 205 to order they are refurbished and includes hardware, software and support. They are provided by Work Ventures at a cost of \$250, 00.

Justice of the Peace

A Justice of the Peace is available by appointment only. If you have documents that need a J.P. please call the office number at the top of the newsletter.

To save on printing costs we will not be printing another newsletter before the end of the year.

Thank you to our volunteer

Have a good break.
 School Holidays commence Monday 5th October 2009
 School back Friday 16th October 2009
 Check with your school to confirm exact day kids are returning.

Group resumes back Thursday 22nd October 2009 at 10.30am

Enquiries: Please phone 9893 8249

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

Regards 😊

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TERM 4, 2009 NEWS -

☪ "The G.A.R.B."

Group Activity Report Blurb

We had a fun day using various home made products for a range of health and beauty reasons. The best I thought was the sugar and olive oil as a body scrub.

If you have had tickets to recent activities then you have been very lucky indeed as these tickets have been provided free from local businesses. A few of our families were able to go to the Circus and a Magic Show. If you are still interested in receiving tickets please leave a message for Grahme on 98938249 and he will contact you when tickets are available.

PEARLS OF WISDOM

It is not flesh and blood but the heart which makes us fathers and sons. ~Johann Schiller

Nobody has ever before asked the nuclear family to live all by itself in a box the way we do. With no relatives, no support, we've put it in an impossible situation. ~Margaret Mead

We all grow up with the weight of history on us. Our ancestors dwell in the attics of our brains as they do in the spiraling chains of knowledge hidden in every cell of our bodies. ~Shirley Abbott

Family: A social unit where the father is concerned with parking space, the children with outer space, and the mother with closet space. ~Evan Esar

A family is a unit composed not only of children but of men, women, an occasional animal, and the common cold. ~Ogden Nash

The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together. ~Erma Bombeck

When you look at your life, the greatest happinesses are family happinesses. ~Joyce Brothers

In some families, *please* is described as the magic word. In our house, however, it was *sorry*. ~Margaret Laurence

You don't choose your family. They are God's gift to you, as you are to them. ~Desmond Tutu

To us, family means putting your arms around each other and being there. ~Barbara Bush

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. ~Jane Howard

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 be there before 10.45am.

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.

Location: We are a 5 minute walk from Parramatta station - one building back from the corner of Argyle Street and Marsden Street, across the road from Westfield. Parking is available for 3 hours free at Westfield Shopping Centre car park (use the Airds street, entrance and park on Lvl 3).

PLEASE DO NOT USE STAFF PARKING AREAS OR BLOCK OTHER TENANTS FROM PARKING

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- 2009

22nd October

Group Resumes "How were your holidays?"
No childcare today

29th October

"Moving On"
Moving forward sensibly and finding your way back to a fulfilling life

5th November

Coffee, chat and sharing experiences

12th November

" Finding some inspiration?"
Being a Lone Parent is a lot of hard work and at your worst moments you are feeling extreme low. This group will help change that

19th November

Coffee, chat and sharing experiences

26th November

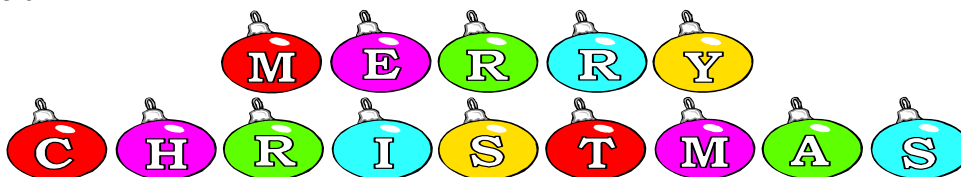
"Arts and Crafts"
Come and enjoy yourself and make little gifts to give friends

3rd December

Coffee, chat and sharing experiences

10th December
Have a

"Christmas Holiday Ideas "



And a

HAPPY NEW YEAR

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

