



BIG RIVERS TERM 1 PROGRAM 2025

CARING FOR YOU CARING FOR THEM

WHEN:

EVERY WEDNESDAY MORNING

STARTS 5TH FEBRUARY

ENDS 2ND APRIL

10:00-11:30AM

WHERE:

BIG RIVERS CHILD AND FAMILY CENTRE

PROGRAM OVERVIEW

This 9-week program is designed to support Aboriginal caregivers and family members in raising children, particularly those aged 0-5. The program focuses on social and emotional wellbeing, self-care, stress management, and holistic health. Each session covers a specific topic with activities, guest speakers, and culturally relevant practices to promote engagement and empowerment.

Got a question?
www.kalano.org.au
1/42 Katherine Terrace
08 8918 6130



**Transport
Available**