



Cost: Free!

All welcome

10:30am—11:30am

**Thursdays, weekly
Starting 18th of October**

- Learn Tips for playing with bubs
- Safe space to meet other mums
- Relaxation & support for mums

**Bring a blanket or mat &
anything your child may need**



**Family &
Community Services**
Community Services



**BELMONT
NEIGHBOURHOOD CENTRE**