



Parramatta Holroyd  
Family Support Inc.



Women's &  
Newborn Health  
Westmead Hospital



**GETTING TO KNOW ME...**  
**GETTING TO KNOW YOU...**  
**GETTING TO KNOW US!**

**When:** Mondays from 3 Sept to 5 Nov 2018  
(break in school holidays)

**Time:** 10:00am-12:00 pm

**Where:** Parramatta Holroyd Family Support  
37 Collins Street, Pendle Hill 2145



### **AN INTERACTIVE ATTACHMENT GROUP FOR FIRST TIME PARENTS**

Are you a **first time parent** ? Are you pregnant with your first baby or have a baby under one year-old? OR Is this your first baby since coming to Australia?

**THEN come join us for this 8 week group.**

### **ATTACHMENT: WHAT'S ALL THE FUSS?**

Research shows that secure attachment provides a secure base from which children can develop and explore the world. Children learn about trust, managing emotions and relationships through their attachment experience. The group will provide information in a safe, fun and interactive way. Special sessions include baby massage, music and movement, and attachment presentations by John Blythe (Child Psychologist).

**FOR FURTHER INFORMATION PLEASE CONTACT  
LINDA ON 96368437 OR NELMA ON 8890 5555  
(PAGER 9663)OR EMAIL [linda@phfs.org.au](mailto:linda@phfs.org.au)**



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