

## Monday

Yellow Hampers Food Relief  
6 week program for vulnerable  
families  
11am - 1pm for collection

Tai Chi 1-2pm  
Beginners welcome  
\$10 per session

Bumps, Babies & Beyond  
Community-led Playgroup  
12:30-2pm MONTHLY

## Tuesday

Tuesday Supported Play in  
partnership with  
Benevolent Society for parents,  
carers, babies & children 0 - 6 yrs  
10-11.30am

### ! NEW !

Mums & Bubs Yoga in partnership with  
Mana With Maria  
12 - 1pm / \$10 a session  
for mums and bubs  
aged 8 wks - 10 months old

# TERM 2 2023

## CAMDEN

16-24 Queen St, Narellan

## Wednesday

Playlinks Supported Playgroup in  
partnership with Northcott for  
parents, carers, babies and children  
0-6 yrs  
10-11.30am

Sports & Expression  
4-5PM  
ages 5 - 12 years  
sponsored by Av Jennings  
Narralling Community Centre,  
Elderslie

## Free Community Programs

For more information head to  
[www.yellowumbrella.org.au](http://www.yellowumbrella.org.au)  
Call 02 4647 1283



Big Yellow Umbrella

## Thursday

DADS Only Parenting Program  
for more information email  
[sharon.friens@yellowumbrella.org.au](mailto:sharon.friens@yellowumbrella.org.au)

Little Umbrella Supported Playgroup for  
parents, carers & children 0 - 6 yrs  
10-11.30am

Triple P Parenting Program available on  
request for more information  
email [children@yellowumbrella.org.au](mailto:children@yellowumbrella.org.au)

### ! NEW !

Seasons for Growth  
4pm - 5pm / Thursdays  
starting 18th of May / aged 8 - 12 yrs  
Support group for children impacted by  
grief, loss or divorce

## Friday

Yellow Hampers Food Relief  
6 week program for vulnerable  
families  
11am - 1pm for collection

