

Bega Bumps n Bubs

Please join us in the Healthy Lifestyle Centre for a chat, crafts and cuppa. Different activities and topics each session with either Tanya or Janelle. +The Connected beginnings girls.



JUNE 17TH

**SELF CARE - HOMEMADE
HAND CREAM**

JULY 1ST

**HEALTHY RELATIONSHIPS
NICOLE WADE - COS
ATTACHMENT**

JULY 15TH

**NUTRITION
PREPARE A FAMILY MEAL**

JULY 29TH

**PLAY BASED LEARNING
DEMOSTRATION NON
STORE BOUGHT TOYS**

AUGUST 12TH

**SMOKING - TIS
NO SEW BLANKET**

AUGUST 26TH

**COMMON
PREGNANCY ISSUES**

SEPT 9TH

**FASD - ALCOHOL,
CLAY BAKING CASTS**

SEPT 23RD

**HOT N SPOTTY -
TANYA TUCKER**

Connected
Beginnings
Growing Stronger
Together



Bega
Garnbirringu
HEALTH SERVICE