

# NurtureGroup

## Free Support & Play Groups 2026

We offer a safe and secure environment for children from birth to starting school, who have been impacted by a premature or sick birth with time in a neonatal unit, prenatal anomaly, injury or condition in the first 5 years of life resulting in ongoing medical challenges.

Parents and carers can exchange ideas on parenting, tackle medical issues, share stories, build support networks, form friendships and ease the isolation that can often be felt by families.

### NSW - Nowra

Saturday Fortnightly, 10.00am-12.00pm

North Nowra Community Centre

7 Hood Close, North Nowra

March 21

April 4, 18

May 2, 16, 30

June 13, 27

July 11, 25

August 8, 22

September 5, 19

October 3, 17, 31

November 14, 28

December 12

*NurtureGroup* has a strict wellness policy for all attendees.



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