

# 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 - Tamworth

Monday Fortnightly, 10.30am-12.30pm

Tamworth Community Health Centre - Johnston House  
Corner of Dean Street & Johnston Street, Tamworth

February 9, 23

March 9, 23

April 27

May 11, 25

June 22

July 27

August 10, 24

September 7, 21

October 19

November 2, 16, 30

December 14

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



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