

# NurtureGroup

## Free Play & Support Group

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.

*NurtureGroups* are designed so children can learn and develop through play, whilst offering families ongoing peer support with a strict Wellness Policy in a safe and inclusive environment.

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.

Please register online



### NSW - Tamworth 2025

Monday Fortnightly, 10:30am - 12:30pm

Tamworth Community Health Centre

Johnston House

Cnr Dean & Johnston St

February 10, 24

March 10, 24

May 5, 19

June 2, 16, 30

July 28

August 11, 25

September 8, 22

October 20

November 3, 17

December 1

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



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