

POPPY PLAYGROUP

Parents Opportunity to Participate
in Play with their Young

A supported playgroup for
mothers and their children

POPPY is a supported playgroup
specifically for mothers who have
mental health concerns.

- Meet other mothers
- Share your experiences
- Learn to have fun with your children
- Safe and welcoming environment

Each week, friendly and experienced facilitators provide tips to help you with parenting and managing your mental health.

When: MONDAYS 10:30am - 12:30pm

Venue: Kingsgrove Community Aid Centre,
30 Morgan St, Kingsgrove

TO MAKE A REFERRAL OR TO FIND OUT MORE:

t: 9150 7823

e: admin@kcac.org.au

or drop in to Kingsgrove Community Aid Centre at
30 Morgan St Kingsgrove (Monday-Friday 9am-4pm)



Health
South Eastern Sydney
Local Health District



KINGSGROVE COMMUNITY
AID CENTRE INC.



Aftercare
JOURNEYS TO EMOTIONAL WELLBEING SINCE 1907