

# POPPY PLAYGROUP

PARENTS OPPORTUNITY TO PARTICIPATE IN PLAY WITH THEIR YOUNG  
A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN



POPPY is a FREE supported playgroup run by the Kingsgrove Community Aid Centre in partnership with Aftercare and supported by South Eastern Sydney Local Health District. It is lead by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health concerns.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment in the park.  
A healthy morning tea is provided.

**When:** Mondays, 10.30am till 12.30 pm

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

For more information contact 91507823 or drop into the centre.

Mon – Fri 9am-4pm or Email us on: [admin@kcac.org.au](mailto:admin@kcac.org.au)