

# 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 Stride and supported by South Eastern Sydney Local Health District. It is led by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health challenges. The playgroup is open to mothers from all areas, however priority is given to those residing in the St George area.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment.

A healthy morning tea is provided.

**Mondays, 10.30am till 12.30 pm**

Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

For more information contact **9150 7823** or drop into the centre.

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

This program is funded by the Department of Family & Community Services TEIP program.

If you feel you are not coping with the world you are  
**welcome** here • 欢迎 • dobrodošli • أهلا بك

**STRIDE** For better  
mental health



**KINGSGROVE COMMUNITY  
AID CENTRE INC.**



**Health**  
South Eastern Sydney  
Local Health District