

Who we can assist...

*Our service welcomes families and young people
of all cultural backgrounds.*

*Our group work programs are open to anyone
wishing to attend.*

All programs are free.

Child care and transport are available.

*To enquire about our groups, or to register for a
course please call 6763 2321.*



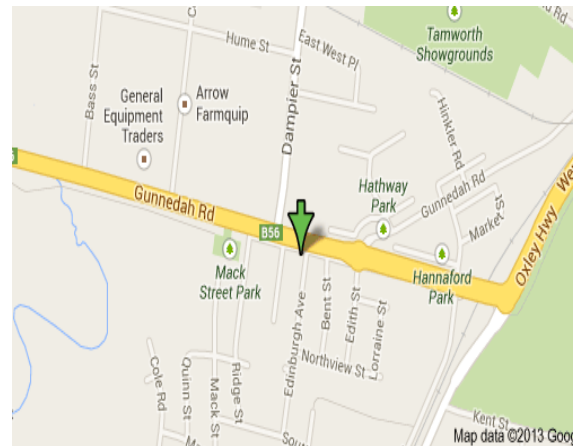
To register for this course...

Call into our centre at 62 Gunnedah Road Tamworth.
Our office hours are 9am - 4.30pm Monday to Friday.

Give us a call on 02 6763 2321

Email us on admin2@tfss.com.au

Or check out our website: www.tfss.com.au



**CHILD, YOUTH & FAMILY
SERVICES**

62 Gunnedah Road
PO Box 1088
Tamworth NSW 2340

Phone: 02 6763 2321
Fax: 02 6763 2338
E-mail: admin2@tfss.com.au

YOUNG & KEEN

**For new and expecting parents
under 19 years.**



**Come and join our
weekly group to have
fun and explore new
ideas.**

**TAMWORTH FAMILY
SUPPORT SERVICE**



What is Young & Keen all about?

Young & Keen is a group for teen or young parents who are expecting a baby or have a baby. Each week our facilitators and guest speakers will lead a discussion on a topic related to this wonderful but sometimes difficult and overwhelming time in your life.

Every Wednesday

10.00am

During school term

Morning tea will be provided

For further information or to arrange childcare and transport please contact us on 6763 2321 or 0429 812 966
Email admin2@tfss.com.au

Topics will include:

Sleep & settle techniques

Infant first aid

What to expect in the days and weeks following the birth of your baby

Post-natal yoga

Infant massage

Feeding - breast and bottle

Community supports that are available

How to be a hands-on Dad

Health and nutrition for parents and children

Looking after yourself

When to seek help



CHILD, YOUTH & FAMILY SERVICES