



An Invitation to the  
**St George POPPY Supported Playgroup**  
(Parents Opportunity to Participate in Play with Young)

**Mondays from 10am to 12 noon**  
**Kingsgrove Community Aid Centre**  
**30 Morgan St Kingsgrove**

Parenting young children is a challenge for everyone, but having fun with your children can also be wonderful.

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

At POPPY you can relax, meet other parents, share experiences and have fun with your children in a safe environment.

Friendly and experienced staff organize POPPY each week and can support you with parenting and managing your mental health.

It is free with a delicious morning tea. If transport is needed the bus can collect you locally or pick up from Hurstville station if you live outside the St George area

To find out more about the playgroup for you, a friend, a family member or clients please contact;

Jacinta Heath or Megan Edwards on 95532500, drop into Kingsgrove Community Aid Centre (Mon-Fri 9am - 4pm) or e-mail [poppy.playgroup@aftercare.com.au](mailto:poppy.playgroup@aftercare.com.au)