



Aboriginal Family Support Services Together with the community

AFSS Community Safety and Wellbeing team is pleased to offer

Healthy Homes, Resilient Families – Growing up Healthy and Routines and Rules

Two great programs to help
keep your family safe, strong
and healthy!

- *A helping hand making healthy food choices and managing your weekly food budget!*

plus

- *Every family needs routines! They help to keep life organised and stop things becoming too stressful.*

These two programs combined will give you the skills you need to give your family nutritious meals and how to keep them healthy as well as the tools you need to create routines, to help keep your family's everyday life on track.

Come along and learn some great skills in a culturally safe environment.

DATE: Every Friday for 8 weeks starting 24 August 2018

VENUE: Junction Australia,
72 Collins Parade, Hackham
Phone: 8186 6944

TIME: 10:00am - 2:30pm

Lunch provided, free to attend. Bookings essential.

To book in please phone
Julie Karidis - 82541077

We look forward to seeing you there and working with you!

