

THE SINGLE MOTHERS CLUB ARE YOU A SINGLE MUM?

Are you a single mum? Are you looking for support, guidance, connection and inspiration? Then welcome to **The Single Mothers Club** – a 3 week group workshop for solo mums with kids of any age.

In this workshop we will explore

- » the challenges and opportunities of single mum life
- » the latest evidence based information around parenting and wellbeing
- » strategies to build connections with all the relationships in your life – especially your relationship with YOU!

This 3 session live interactive online group will be run via ZOOM so you can join us on your lunch break or from the comfort of your own home.

Event facilitators:

- » **Simone Young** – Child and Family Practitioner @DSS
- » **Cathy Custy** – Senior Practitioner @DSS



THURSDAYS

March 2nd, 9th & 16th

12–1:30pm

FREE 90 MINUTE

SESSIONS

ONLINE VIA ZOOM

Bookings at:

www.ds.org.au/events



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.