

Insync Peer Education and Support Group



Insync is a fun, interactive group for parents and carers of children with special needs.

A variety of topics are regularly explored such as:

- Responding to differing opinions about care strategies
- Self care
- The medication debate
- Communication
- Parenting strategies
- Recognizing and building strengths and supports

WHERE :

Undurba State School Community Hall, Ogg Rd Murrumba Downs

WHEN :

The first Wednesday of every month

9.30am (for 10am start) until 12

COST :

Free or donation appreciated

For more information please contact the Pine Rivers Neighbourhood Centre on 3205 2955 or visit www.prnc.org.au