



Partners in Parenting

Providing education and support for mothers and fathers with an intellectual disability, mental illness or additional needs.

What we do:

- Provide Education: e.g parenting skills, building family resilience, managing emotions, keeping healthy and looking after your mental health.
- Teach Life Skills: e.g healthy eating, cooking and the importance of self care.
- Teach New Skills: e.g computer skills, handiwork etc.
- Participate in Social Activities: e.g coffee club, social outings etc.

Where: PIP is held at CatholicCare Wollongong AND CatholicCare Campbelltown

When: Once a week during school term -

Wollongong: Tuesday morning

Campbelltown: Fridays morning

Some childcare available

For more information call:

4227 1122 Wollongong or 4628 0044 Campbelltown

www.catholiccare.dow.org.au



CatholicCARE

hope begins with us