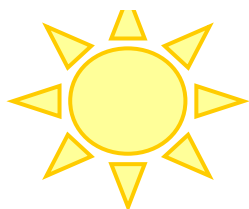


# Alafia Parent Support Group

We meet on the **First Wednesday** of each month at  
**Wycliffe Baptist Church, 233 Kings Road**  
**10.00am – 12.00pm**

**For Ethnic Minority Families who have children with disabilities**



## Dates for Future Meetings

Sep 2009 – April 2010

2009

Wed 9 Sep

Living with Two Cultures- Dr. Rashmi Shanker  
Consultant Clinical Psychologist, NHS.

‘Time Out with Parents Workshops’ with Ruth Pearse, Parenting Practitioner

- 7 October – Workshop 1 Learning Through Play
- 4 November - Workshop 2 Setting Loving Limits
- 3 December - End of Year Party (Party is on Thursday)

2010

- 13 January - Workshop 3 Keeping Children Safe
- 3 Feb Introduction to Wii / Indoor Activity
- 3 March Pilates- Veena Chadda, Pilates Instructor
- 21 April Child Obesity- Kathy Patching

School Nurse, Avenue School

For more information contact:

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 **Alafia 9510279**

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