

## young parents group

**First Wednesday  
of the month**

**1pm – 2pm**

**headspace Mount Gambier  
171 Commercial St East**

Looking for a non-judgemental group  
of parents your age?

We welcome you to drop in to our  
young parents group. Bring your baby,  
enjoy a hot drink, snack, and meet  
other young parents.

Join the Facebook group, search for  
'Headspace Mount Gambier – Young  
Parents Group' or call 8725 0443 for  
more info.

**2020 dates – 12 Feb, 4 Mar, 1 Apr,  
6 May, 3 Jun, 1 Jul, 5 Aug, 2 Sep,  
7 Oct, 4 Nov, 2 Dec**