




POPPY

PlayGroup

Parents Opportunity to
Participate in Play with
their Young




POPPY Playgroup is a free supported playgroup run by the Kingsgrove Community Aid Center in partnership with South Eastern Sydney Local Health District.



POPPY aims to specifically engage mothers who are experiencing emotional distress, mental health challenges, or have a diagnosed mental illness. The playgroup is open to all mothers from all areas, however, priority is given to those residing in the St George area.

When: Mondays from 10am till 12pm
Where: Kingsgrove Community Aid Center,
30 Morgan St, Kingsgrove
Email us: Poppyplaygroup@kcac.org.au



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KINGSGROVE COMMUNITY
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Health
South Eastern Sydney
Local Health District



POPPY Atmosphere Guide

Welcome to POPPY Playgroup! At POPPY we value compassion, truth, respect, support, integrity, and hope. We believe that everyone deserves support, respect, and acceptance. In order to accomplish this, please follow the guidelines outlined below:

- ★ Contribute to a sense of safety and support within the group.
- ★ Respect each other's right to confidentiality.
- ★ Accept each other's journey and experiences without judgment.
- ★ Take time to listen and help people feel a sense of belonging
- ★ Share personal experiences if you are comfortable doing so.
- ★ Be careful not to focus on giving advice as a form of support.
- ★ Encourage others to be proactive with their own recovery.



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