



JACARANDA MUMS AND BUBS GROUP

Motherhood is a wild, beautiful ride – but you don't have to do it alone!

Join our Mums & Bubs playgroup and find your tribe. Whether you're navigating sleepless nights, first smiles, or figuring it all out one nappy at a time, this is a space where you and your baby are truly welcome.

Come for the chats, the catch ups, the cuddles – and stay for the support, the giggles, and the lifelong friendships.

5 November Nature and sensory play
12 November Special session: Interrelate (parent support)
Managing My Emotions - Anger/Anxiety
19 November Australian Breastfeeding Association
26 November Baby Rhymetime with Bayside Library

 Thursdays during
school term

 10-12am

 Jacaranda Women's Hub
21A Dalley Avenue,
Pagewood, NSW, 2035

 jalchin@playgroupnsw.org.au

- ✓ Connect, share, and grow – **together.**
- ✓ Safe, relaxed space **just for mums and their little ones** (0-18 months)
- ✓ **No pressure, no judgment** – just good company and tiny humans

Contact Us

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