



Wednesday Walks for Carers 2021

A walking group for parents and carers of children with disabilities and additional needs.

In the Healthy Mothers Healthy Families Workshop, we saw evidence-based information about how difficult, and yet how important, it is for mothers of children with additional needs to be active and healthy. In response to this, we started Wednesday Walks.

All parents of children (including adult children) with disabilities are welcome (you do not have to be using any other Pinarc services). Let's support each other to be more active. Bring a friend if that will help get you be even more motivated.

Dress for the weather and bring a water bottle.

The Pinarc Parent Support Program is supported by the Victorian Government.



Dates:

Wednesdays during terms 1 and 4

Times:

Meet at 9.20am

We typically walk for about 30 min

Venue:

Meet at the canons near Pipers by the Lake

How Much Does it Cost?

Free

How do I register:

For further information contact
Contact Rebecca Paton,
Parent Support Program Coordinator
Phone: 5329 1361

Email: rpaton@pinarc.org.au