



Ballarat Active Carers Group 2022

A group for parents and carers of children with disabilities and additional needs who want to be more active and socially connected.

We aim to try a range of activities that will get us moving in fun ways, but this is not a boot camp. Activities may include walks, frisbee golf, social badminton.

All parents of children (and adults) 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.

Session Dates

Fortnightly during school terms

Times:

Times will vary depending on the activity. Generally Wednesday or Thursday mornings or Thursday evenings.

Venues:

Various locations in Ballarat

How Much Does it Cost?

We will endeavor to make activities free for participants, though there may be a small fee for some sessions.

How do I register:

For further information contact
Rebecca Paton,
Parent Support Program Coordinator
Phone: 5329 1361
Email: rpaton@pinarc.org.au

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



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