



Family Club

The aim of Family Club is to provide a comfortable, safe, secure, conducive/appropriate & fun environment for families to spend time:

- ✧ playing together with equipment they might not have otherwise
- ✧ trying out new activities together from Just Dance to Carrom
- ✧ learning together ie. Table tennis or behavioural skills such as Parenting techniques from modelling behaviour such as active listening and ways to challenge to social skills such as turn taking and sharing and boundaries.
- ✧ meeting other parents and children and building relationships and networks of support
- ✧ planning, contributing and evaluating activities and sessions
- ✧ sharing a nutritious healthy (easy as inexpensive to replicate) meal or snack together (with recipes if needed)
- ✧ finding out about other available services and activities suitable to their needs, wants and desires
- ✧ celebrating occasions, festivals and special days together and group activities or days such as fun day or Christmas Party or 4th of July Barbecue
- ✧ getting to know each other when there might not be the opportunity or facilities otherwise ie. contact with separated parent etc.
- ✧ developing reflective practice and problem solving techniques through play and discussion