



Mums Bubs Bellies'n'Tots

Defence Community Organisation will be running a group for mums and bubs.

Got a new baby and feeling a bit isolated? Or perhaps you could use some extra support through the lead up or early weeks of parenthood?

ADF members and partners are invited to join us for a five-week program designed to help new mums connect with each other and the local community. Come along, meet other new parents, and learn about the services available to you. Toddlers are welcome.

- WHERE** various locations around Townsville
- WHEN** commences Wednesday 11 April
- RSVP** for program details, register by Wednesday 4 April 2018
dco.townsville@defence.gov.au or 07 4753 6539
- MORE INFO** www.defence.gov.au/dco



Follow Defence Community Organisation to receive updates.

