

**TheHub.**  
3757

# Harmony Story Time



**The Hub3757 together with the City of Whittlesea invite you to join FREE Bilingual Storytime and Wellbeing Activities.**

## These fun-filled sessions will

- Start with 30 minutes Bilingual story time with your children and grandchildren.
- From 1pm to 2.30pm parents can participate in a variety of wellbeing sessions while a childcare worker will keep the children occupied.

Wellbeing activities will include Yoga classes, meditation and mindfulness, Bollywood dancing, Craft and Art.

## The sessions are about

- Connecting with your community,
- Children exploring books in multiple languages and
- Learning how to practice self-care and wellbeing activities.

*Complimentary coffee, tea, hot chocolate, light refreshments and delicious snacks are provided each session!*

Kids First and City of Whittlesea practitioners are on-hand to provide information and support services to Children and Families.

**\*Facilitators in Hindi, Punjabi and Arabic**

## Details



Every Tuesday from 23rd May till 20th June



12:30 pm - 2:30 pm



Ganbu Gulinj Community Centre  
55 Macedon Parade, Wollert

## Registration

To register for this group, please contact one of our Family Coaches by text message



Deepty Cusima  
0499 629 859



Navpreet Kaur  
0402 157 618

