



FOUNDATION

# EMPOWER

- **SESSIONS ARE RUNNING EVERY TUESDAY  
4:30PM – 6:00PM AT ODSAL STADIUM**
- **FOR PARENTS AND CHILDREN AGED 7-11**
- **WEEKLY 90 MINUTE SESSIONS**
- **FUN AND HEALTHY ACTIVITIES**

FUNDED  
BY

**COMIC  
RELIEF**

## ENGAGE

**SPORTS SESSIONS FOR CHILDREN TO DEVELOP THEIR EMOTIONAL RESILIENCE CONFLICT RESOLUTION, SELF-ESTEEM, AND LEADERSHIP. DELIVERED BY OUR QUALIFIED COACHES**

## EMPOWER

**INFORMAL PARENTAL SUPPORT GROUP THAT CREATES A WELCOMING ENVIRONMENT FOR PARENTS TO COME TOGETHER AND WORK ON THEIR CONFIDENCE, SELF-ESTEEM AND DEVELOP THEIR OWN MENTAL RESILIENCE**

## COLLABORATE

**COME TOGETHER AND TAKE PART IN CHILD-PARENT GROUP ACTIVITIES TO HELP PROMOTE COHESION RELATIONSHIPS AND LIFE SKILLS**

**FOR MORE INFORMATION PLEASE CONTACT**



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