



AFSS Community Safety and Wellbeing team is pleased to offer

## Healthy Homes, Resilient Families – Growing up Healthy

**Do you need a hand making healthy food choices or managing your weekly food budget?**

**The Healthy Homes, Resilient Families program can help you with these things and more!**

There are six weekly three-hour sessions and you'll find heaps of useful information about:

- ❑ Growing up healthy
- ❑ Nutrition
- ❑ Food safety... and much more!

The program's not just about listening. Each week you'll do something practical to help you develop your skills and practice what you've learned.

**If you think this program's just what you need to help you grow a healthy family**, why not contact the AFSS Community Safety and Wellbeing team at one of the offices below to find out more, or to register for the next program in your region?

AFSS' Community Safety and Wellbeing Facilitators run the program across South Australia and provide a culturally safe and friendly environment.

### Smithfield

39A Anderson Walk  
Phone (08) 8254 1077

### Port Augusta

1st Floor, 47 Commercial Rd  
Phone (08) 8641 0907

### Port Lincoln

3 Gloucester Tce  
Phone (08) 8683 1909

You can also email  
[csw@afss.com.au](mailto:csw@afss.com.au)

*We look forward  
to seeing you!*

