



Aboriginal Family Support Services
Together with the community

Community Safety & Wellbeing

Healthy Homes Resilient Families Growing up Healthy



Let's get together to learn how to make healthy food choices and manage your weekly food budget!

Growing up healthy help us with these things and much more!

There are a number of workshops and you'll find heaps of useful information about:

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

Each week we will have a yarn and do something practical to help you develop your skills and practice what you've learned.

Contact the AFSS Community Safety and Wellbeing team if you think this program is just what you need to grow a healthy family.

AFSS' Community Safety and Wellbeing team facilitate workshops across South Australia and provide a culturally safe and friendly environment.

Contact us on:

Paralowie
254 Kings Road
8281 5440

Mount Gambier
20 Elizabeth Street
8723 6110

Port Augusta
8-10 Victoria Parade
8641 0907

Port Lincoln
21 Washington Street
8683 1909



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