

Illawarra MS Family Day Program

When: Saturday 7 August 2010

Where: Rydges Central City Wollongong
112 Burelli Street, Wollongong

A great opportunity for the family to learn about MS, meet others and have fun. Activities and sessions are provided for children 5 years and over.

Time	Children's activities (5 – 15 years only)	People with MS and partners
9.30am – 10am	Registration	
10am – 10.20am	<ul style="list-style-type: none"> ▪ Introduction ▪ Housekeeping ▪ Who we are and what we do ▪ Family resources (Justine Champion, Community Support Worker)	
10.20am – 11.30am	5 – 10 year olds <ul style="list-style-type: none"> ▪ Coping with mum or dad's MS 	<ul style="list-style-type: none"> ▪ Managing the changes in the family caused by MS (Dr Gary Fulcher, Clinical Psychologist)
	11 – 15 year olds <ul style="list-style-type: none"> ▪ Play activities 	
11.30am – 11.50am	Morning tea	
11.50am – 1pm	11 - 15 year olds <ul style="list-style-type: none"> ▪ Coping with mum or dad's MS 5 – 10 year olds <ul style="list-style-type: none"> ▪ Play activities 	<ul style="list-style-type: none"> ▪ Effective communication for couples affected by MS (Dr Gary Fulcher, Clinical Psychologist)
1pm – 1.45pm	Lunch	
1.45pm – 2.45pm	Fun interactive family activity	
2.45pm	Evaluation	
3pm	Close	