



2020 term 1

parenting program & playgroup timetable

Triple P Parenting Program

Mandarin

11 February – 3 March

Tuesdays: 10:00am to 12:00pm

Limited childcare available

Mindful Parenting Program

English

10 February – 30 March

Mondays: 10:00am to 1.00pm

Mini Maxi Supported Playgroup

6 February – 23 April

Thursdays: 10:00am to 12:00pm

Spaces Limited

Culture Drop Supported Playgroup

Fridays 7 February – 9 April

10:00am to 12:00pm

Spaces limited

Programs held at The Northern Centre, 3-5 Anthony Road, West Ryde



the northern centre

care. connect. grow. our community

View further program details over page.

Register Your Interest at <http://thenortherncentre.org.au/parenting-programs/>



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parenting program & playgroup overview

Triple P

3-week program (plus individual support over the phone), for parents/ carers with children between 3 and 10 years of age, who have challenging behaviour.

Triple P is designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills that promote children's health, development and wellbeing.

Mindful Parenting

8-week program for parents/carers of 0 to 18 year olds.

This program aims to help parents develop skills to better deal with the daily stresses of parenting with some strategies and techniques to manage their own emotional states in challenging situations.

Mini Maxi Supported Playgroup

12-week program for parents/ carers with children under 5 years

Mini Maxi Supported Playgroup aims to reduce social isolation and connect families to the community they live in. Mini Maxi also supports parents with information and guidance about issues they may be experiencing with parenting.

Culture Drop Supported Playgroup

10-week program for parents/ carers with children under 5 years

Targeting families that speak English as a second language, families that are new to the area and are looking for social & community connections and families looking for support with the challenges they face around parenting.