



2021 : term 1

parenting programs & playgroups timetable

Tuning in to Kids Parenting Program

English
11 February – 18 March

Thursdays: 10:00am to 12:00pm
Register: <https://bit.ly/3ai0dZh>

Parent Morning Teas

English
12 February – 19 February

Fridays: 10:00am to 11:30am
Register: <https://bit.ly/3ai0dZh>

Bringing Up Great Kids (BUGK)

English
16 February – 23 March

Tuesdays: 10:00am to 12:00pm
Register: <https://bit.ly/3ai0dZh>

Mini Maxi Supported Playgroup

27 January – 31 March
Wednesdays: 10:00am to 12:00pm

Register: <https://bit.ly/2Zlo5jV>

Culture Drop Supported Playgroup

29 January – 26 March
Fridays: 10:00am to 12:00pm

Bookings essential as places are limited.
For further details call us on 9334 0111.



the northern centre
care. connect. grow. our community



parenting programs & playgroup overview

Tuning in to Kids

6-week program for parents of 4 to 10 year olds

Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

Parenting Morning Teas

2 sessions for parents of children attending child care

These sessions will cover the following: how to help your child and your family settle into child care, how to help your child to develop their full potential and be ready for school and understanding your child's development as they start their education journey.

Bringing up Great Kids

6-week program for parents of 4 to 10 year olds

Focuses on the experience of reflective and mindful parenting grounded in the relationships parents build and share with their children.

Mini Maxi Supported Playgroup

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

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

9-week program for parents/ carers of children under 5 years old

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