



2022 : term 1

parenting programs & playgroups timetable

Circle of Security Parenting Program

English (via Zoom)
 8 February to 29 March
 Tuesdays: 6:30pm to 8:30pm
 Register: <https://bit.ly/3ai0dZh>

Chinese
 15 February to 29 March
 Tuesdays: 10:00am to 12:00pm
 Register: <https://bit.ly/3ai0dZh>

123 Magic Parenting Program

Korean
 3 March to 17 March

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

Bringing Baby Home Parenting Program

English
 2 April and 9 April

Saturdays: 9:30am to 4:30pm
 Register: <https://bit.ly/3ai0dZh>

Mini Maxi Supported Playgroup

9 February to 6 April

Wednesdays: 10:00am to 12:00pm
 Register: <https://bit.ly/2Zl05jV>

Culture Drop Supported Playgroup

11 February to 8 April

Fridays: 10:00am to 12:00pm
 Register: <https://bit.ly/2Zl05jV>

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

View further program details over page.



the northern centre
care. connect. grow. our community



parenting programs & playgroup overview

Circle of Security

8-week program for parents of 0 to 5 year old

Circle of Security is a highly successful 8 week evidenced based program that focusses on how you can strengthen your relationship with your children through understanding and responding to your children's needs and behaviours. For further information, see www.circleofsecurity.net.

123 Magic

3-week program for parents of 3 to 8 year old

Helps teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

Bringing Baby Home

For expectant couples and new parents.

This free two-day program aims to help you prepare for a life with your baby. Discover how to be the best parenting team possible.

We will focus on constructively helping couples and new parents to cope, strengthen relationships, increase intimacy and regulate conflict.

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.