



2022 : term 3

## parenting programs & playgroups timetable

### Tuning in to Teens Parenting Program

English (via Zoom)  
26 July to 30 August

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

### Circle of Security Parenting Program

Mandarin (Mabel)  
1 August to 19 September  
Childcare available

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

### Tuning in to Kids Parenting Program

Korean (Amy)  
11 August to 15 September  
Childcare available

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

### Mini Maxi Supported Playgroup

27 July – 21 September  
Wednesdays: 10:00am to 12:00pm

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

### Culture Drop Supported Playgroup

29 July – 23 September  
Fridays: 10:00am to 12:00pm

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

**Bookings essential as places are limited.**

**For further details call us on 9334 0111.**



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View further program  
details over page.

# parenting program & playgroup overview

## Circle of Security

8 week program for parents of 0 to 5 year olds

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](http://www.circleofsecurity.net).

## Tuning in to Teens

5 week program for parents of 11 to 18 years olds

Aims to help parents and their adolescent manage the many emotional challenges of this stage of life. By learning these skills, parents are less likely to have as much conflict within their family and their teen is more likely to talk to them about the challenging issues they face.

## 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.

## 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

10 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.