



2023 : term 1

## parenting programs & playgroups timetable

### Bringing up Great Kids

13 February to 13 March  
Mondays: 10:00am to 12:00pm

**English**  
Childcare available

### Engaging Adolescents

23 February, 2 & 9 March  
Thursdays: 7:00pm to 9:00pm

**English (via Zoom)**

### 123 Magic Parenting Program

2 March to 16 March  
Thursdays: 10:00am to 12:00pm

**Korean (Amy)**  
Childcare available

### Bringing Baby Home

4 March and 11 March  
Saturdays: 9:30am to 4:30pm

**English (external)**

### Mini Maxi Supported Playgroup

1 February to 29 March  
Wednesdays: 10:00am to 12:00pm

### Culture Drop Supported Playgroup

3 February to 31 March  
Fridays: 10:00am to 12:00pm

**Bookings are limited and essential.**

**Register your interest**

For further details call us on 9334 0111



the northern centre  
care. connect. grow. our community

View further program details over page.

# parenting program & playgroup overview

## Bringing up Great Kids

5-week program for parents of under 12 year olds

The program provides a wide range of activities and tools that are unique. The program offers parents and carers a fresh way to understand their role and enact relationships with their children in a reflective way.

## Engaging Adolescents

3-day program for parents of teenagers

Provides parents/carers with a practical tips to prepare for tough conversations with young people. It teaches strategies to maintain open communication, build a relationship with your teenager and foster safe independence. Parents/carers will learn to better understand adolescents and appreciate what are reasonable expectations to hold. The program works towards giving parents/ carers a renewed sense of confidence about the role they can play in their teenagers' lives, without conversations morphing into arguments

## 123 Magic

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

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

2 x Saturdays for new or expecting couples

Bringing Baby Home is 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

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.