



2023 : term 2

## parenting programs & playgroups timetable

### Circle of Security

English (via Zoom)  
26 April to 14 June

Wednesdays: 6:30pm to 8:30pm  
[Register](#)

### Tuning in to Kids

English (via Zoom)  
2 May to June 6

Tuesdays: 10am to 12:00pm  
[Register](#)

### Mini Maxi Supported Playgroups

Wednesdays  
26 April to 28 June

10:00am to 12:00pm  
[Register](#)

Fridays  
28 April to 30 June

10:00am to 12:00pm  
[Register](#)

### Bookings are essential

For further details call us on 9334 0111

# 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 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

9 to 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.