



2024 : term 1

parenting programs & playgroups timetable

Circle of Security Parenting Program

12 February to 25 March
Mondays: 10:00am to 12:00pm
Limited childcare available

Mandarin
[Register](#)

Tuning in to Kids Parenting Program

13 February to 19 March
Tuesdays: 10:00am to 12:00pm
Limited childcare available

English
[Register](#)

123 Magic Parenting Program

29 February to 14 March
Thursdays: 10:00am to 12:00pm
Limited childcare available

English
[Register](#)

Bringing Baby Home Parenting Program

13 and 20 April
Saturdays: 9:30am to 4:30pm

English
[Register](#)

Mini Maxi Wednesday Playgroup

7 February to 10 April
Wednesdays: 10:00am to 12:00pm

[Register](#)

Mini Maxi Friday Playgroup

9 February to 12 April
Fridays: 10:00am to 12:00pm

[Register](#)

parenting program & playgroup overview

Circle of Security

7-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.

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.

123 Magic

3-week program for parents of 2 to 12 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 – Wednesdays

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.

Mini Maxi Supported Playgroup – Fridays

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.

For further details contact us on 9334 0111 or connect@tncinc.org.au