



Hornsby Waitara Community Hub

Term 2, 2023

The Community Hub offers a range of free, flexible and innovative programs for families of young children aged 0-5. The Community Hub aims to build programs that support families, parents and foster cooperation and positive relationships with local services and organisations.

Chinese Supported Playgroup 小星星游戏组

Kate's place Waitara
2nd May -27th June 2023

Every Tuesday: 10am – 12pm
Address: 23 Yardley Ave, Waitara NSW
(Entry from ramp via church car park)

Parents and Bubs Supported playgroup

Kate's place Waitara
3rd May - 28th June 2023

Every Wednesday: 10am – 11:30am
Address: 23 Yardley Ave, Waitara NSW
(Entry from ramp via church car park)

Kids on the Block Multicultural Supported Playgroup

Kate's place Waitara
28th April -23th June 2023

Every Friday: 10am – 12pm
Address: 23 Yardley Ave, Waitara NSW
(Entry from ramp via church car park)

Tuning into Kids parenting program – Mandarin 普通话

11th May– 15th June2023
Registration essential,
limited places!

Thursdays: 10am – 12pm
Address: Level 1, 1 Coronation St, Hornsby
Register here:
northernsydney@missionaustralia.com.au

Circle of Security parenting program – English

9th May – 20th June 2023
Registration essential,
limited places!

Tuesdays: 10am – 12pm
Address: Level 1, 1 Coronation St, Hornsby
Register here:
northernsydney@missionaustralia.com.au

For more Info or to register contact us!

a Level 1, 1 Coronation St. Hornsby 2077

t 02 9480 2500

e northernsydney@missionaustralia.com.au



Supported Playgroups & Parenting Programs Overview

Chinese Supported Playgroup -Facilitated by Early Childhood trained staff

For parents/carers and their children under 5 years old: Our Chinese Supported Playgroup is designed for Chinese families that are new to the area looking to build new social and community connections while also supporting parents to set their kids up with a great start by supporting parents with information and guidance about any challenges they may be experiencing as a parent.

Parents and Bubs Supported Playgroup -Facilitated by Early Childhood trained staff

For new parents/carers and their children from 0 to 18 months: Parents and Bubs Supported Playgroup is designed to connect new parents to their local communities and reduce social isolation. Bubs can play and learn along each other in a relaxed environment. Parents can meet other parents and share experiences, have fun and develop new skills together.

Kids on the Block Multicultural Supported Playgroup -Facilitated by Early Childhood trained staff

For parents/carers and their children under 5 years old: Kids on the Block is designed for families who speak English as a second language and/or are new to the area and aims to support them to build new social and community connections while assisting them to set their children up with a great start by supporting parents with information and guidance about any challenges they may be experiencing as a parent.

Tuning into Kids parenting program - in Mandarin 普通话

Tuning in to Kids® will provide you with skills in emotion coaching, which will help you to recognise, understand and manage both you and your children's emotions. When children develop these emotional skills, they are better able to negotiate the ups and downs of life.

Circle of Security parenting program - in English

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



CIRCLE OF SECURITY®
Free Seven sessions parenting program

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Date: Tuesdays 9th May – 20th June 2023

Time: 10am-12pm

Address: Mission Australia, Level 1, 1 Coronation St, Hornsby NSW

Cost: Free

Please contact Sara to register: dominguezs@missionaustralia.com.au

or northernsydneyserives@missionaustralia.com.au



TUNING INTO KIDS

Emotionally Intelligent Parenting

Six sessions parenting program for Mandarin speaking carers

Would you like to learn how to:

- improve communication and connection with your child?
- better understand your child?
- help your child and yourself learn to recognise and manage your emotions?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- are more likely to feel closer to their parents and willing to share their emotions
- are more resilient
- have better concentration at school
- can easier regulate their emotions

Suitable for parents/carers of children aged 2-12 years

When: 10am-12pm, 11 May – 15 June, 2023 (Six Thursdays)
Where: **Mission Australia** Level 1, 1 Coronation St. Hornsby 2077
To register northernsydneyservices@missionaustralia.com.au or
please contact: langx@missionaustralia.com.au



情绪智力亲子课 **Tuning into kids**

为讲普通话的家长开设的**免费**课程(六节课)适合家有 **2-12** 岁孩子的家长

您能学习如何:

- 更擅长与您的孩子交谈
- 更清楚地了解您的孩子
- 帮助您的孩子学会认知和管理自己的情绪
- 帮助预防孩子的行为问题
- 教您的孩子处理冲突

情绪智力亲子课会展示如何能帮助孩子发展情商。

情商较高的孩子:

- 在结交和保持朋友方面取得更大的成功
- 在学校注意力更集中
- 在沮丧或生气时更容易平静下来
- 抗挫能力更强

情商比智商可能更适合预测孩子学术和事业成功!

时间: 2023 年 5 月 11 日 - 6 月 15 日 上午 10 点-12 点 (六个周四上午)
地址: **Mission Australia** Level 1, 1 Coronation St. Hornsby NSW 2077
名额有限, 请务必 northernsydneyservices@missionaustralia.com.au or
必提前报名参加: langx@missionaustralia.com.au
