



Wesley Family Services Group Calendar

Term 3, 2019

CALD Supported Playgroup	<p>A supported playgroup for parents & carers where we aim to teach new techniques & play ideas to build on social & emotional skill development.</p> <p>6 Week Program – Monday's Dates: 5th August to 9th September Time: 10am to 11:30am Location: Quakers Hill</p>	<p>Enquiries & Registration: Please contact Alice – 0407 981 358 alice.fang@wesleymission.org.au <i>Limited Childcare Available</i></p>
123 Magic & Emotion Coaching	<p>A program for parents and carers that aims to teach effective ways of managing difficult behaviours.</p> <p>5 Week Program – Mondays Dates: 5th August to 2nd September Time: 10am to 12noon Location: Quakers Hill</p>	<p>Enquiries & Registration: Please contact Imelda – 0438 417 543 Imelda.li@wesleymission.org.au <i>Limited Childcare Available</i></p>
Tuning into Kids	<p>A program for parents and carers that focuses on developing your child's emotional intelligence.</p> <p>6 Week Program – Tuesday's Dates: 30th July to 3rd September Time: 10am to 12noon Location: Riverstone Public School</p>	<p>Enquiries & Registration: Please contact Eva – 0458 306 660 eva.hambridge@wesleymission.org.au <i>Limited Childcare Available</i></p>
Wrapped in Angels	<p>A journey of resilience that explores what has sustained and nourished women and families when facing trauma. Create and take home your own blanket.</p> <p>8 Week Program – Tuesday's Dates: 6th August to 24th September Time: 10am to 12noon Location: Quakers Hill</p>	<p>Enquiries & Registration: Please contact Imelda – 0438 417 543 Imelda.li@wesleymission.org.au <i>Limited Childcare Available</i></p>



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<p>SHINE for Kids</p>	<p>A personal development course for children. Using fun activities and engaging discussion, you will tap into a higher level of self awareness and great insight into your true potential.</p> <p>7 Week Program – Tuesday's Dates: 6th August to 24th September Time: 10am to 12noon Location: Doonside</p>	<p>Enquiries & Registration: Please contact Zahra – 0447 283 353 zahra.jaghoori@wesleymission.org.au <i>Limited Childcare Available</i></p>
<p>Family Wellbeing (Urdu)</p>	<p>A program that focuses on positive relationship building skills and family wellbeing in a culturally appropriate context. Program will be run in Urdu language.</p> <p>One Day Workshop Dates: 24th September Location: Blacktown Mosque, Fifth St Blacktown</p>	<p>Enquiries & Registration: Please contact Zahra – 0447 283 353 zahra.jaghoori@wesleymission.org.au <i>Limited Childcare Available</i></p>
<p>Men's Fitness & Wellbeing</p>	<p>Our fitness group is designed for men and run by a qualified Personal Trainer, using a circuit-style setup to cater for all fitness levels. Come down and hang out with other dads from the area while working on your own fitness goals.</p> <p>6 Week Program – Tuesday's Dates: 13th August to 17th September Time: 6pm to 7pm (after hours) Location: Packemin Studios - Unit 137, 7 Hoyle Ave Castle Hill</p>	<p>Enquiries & Registration: Please contact Jessica – 02 8805 7288 jessica.tatt@wesleymission.org.au</p>
<p>Bubs in Bloom Supported Playgroup</p>	<p>A supported playgroup for parents & carers focusing on routine, concentration, group participation, listening skills, following instructions and independence.</p> <p>8 Week Program – Wednesday's Dates: 31st July to 18th September Time: 9:30am to 11:30am Location: Riverstone</p>	<p>Enquiries & Registration: Please contact Melissa – 0408 192 243 melissa.harding@wesleymission.org.au</p>



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Infant Massage	<p>A program that aims to enhance attachment & bonding between parent & newborn. Improve sleep, reduce stress & improve cognitive motor development.</p> <p>5 Week Program – Thursday's Dates: 15th August to 12th September Time: 10:30am to 12:30pm Location: Quakers Hill</p>	<p>Enquiries & Registration: Please contact Alice – 0407 981 358 alice.fang@wesleymission.org.au <i>Limited Childcare Available</i></p>
Art Mindfulness	<p>A self-care program designed for participants to create simple art pieces. This technique encourages concentration & helps to learn self-regulation. It's relaxing and fun!</p> <p>6 Week Program – Friday's Dates: 9th August to 13th September Time: 10am to 12noon Location: Quakers Hill</p>	<p>Enquiries & Registration: Please contact Imelda – 0438 417 543 Imelda.li@wesleymission.org.au <i>Limited Childcare Available</i></p>
Circle of Security	<p>A relationship-based program for parents and carers, designed to enhance attachment and security between parent and child.</p> <p>6 Week Program – Friday's Dates: 9th August to 13th September Time: 10am to 12noon Location: Bella Vista</p>	<p>Enquiries & Registration: Please contact Tanya – 0409 439 345 tanya.ostojic@wesleymission.org.au <i>Limited Childcare Available</i></p>
Move & Groove	<p>A program for parent/carer and child that uses music making to facilitate physical, cognitive, emotional and social components – essential for early childhood development.</p> <p>6 Week Program – Friday's Dates: 9th August to 13th September Time: 10am to 11am Location: Riverstone Public School</p>	<p>Enquiries & Registration: Please contact Belinda – 0427 268 372 belinda.strotz@wesleymission.org.au</p>