

Some useful websites

www.randwick.nsw.gov.au

Community information, links to childcare services, library activities and homework help.

www.thedeli.org.au

The Deli Women's and Children's Centre offers domestic violence counselling, supported playgroups, education family support, advocacy, referrals and groups for women and children.

www.jnc.org.au

The Junction Neighbourhood Centre provides aged and disability services, family support, domestic violence assistance and community outreach.

www.secc-sydney

The South East Community Connect Eastlakes provides advocacy, advice, casework, counselling, transport, home visiting, respite care, family support, regular community activities and group outings.

www.bfcc.org.au

Botany Family and Children's Centre provides support, casework, counselling parenting coaching for couples, behaviour management programs, nutrition and sleeping advice and guidance.

www.resourcingparents.nsw.gov.au

An easy to navigate site packed full of useful information including parenting education courses and early learning events covering NSW.

www.mychild.gov.au

Current information on childcare, assistance with childcare costs and vacancies at centres across Sydney.

www.community.nsw.gov.au

Community Services website for information on family support, childcare, parenting and child protection.

www.kidshelp.com.au

Kids Helpline 1800 551 800 free, confidential and anonymous telephone and online counselling service for young people between 5 and 25 years.

www.benevolent.org.au

Helping people change their lives through support and education.

www.health.nsw.gov.au

Browse health topics A to Z and download.

www.kooloorra.org

Various programs for families and seniors.

www.playgroupnsw.org.au

Find a playgroup near you.

JUL-DEC 2019

Parenting Workshops



JULY



EXPRESSIVE ART FOR PARENTS WITH CHILDREN 0-3 YEARS

Tuesdays 9 July to 30 July 10am-12pm

The Junction Neighbourhood Centre, Maroubra

Facilitator: Dan Cavagino

Childcare: Yes, limited. Bookings essential.

Bookings open: 5 June, contact Family Programs on 9349 8200 or familysupport@jnc.org.au

AUGUST

KEEPING KIDS IN MIND

Wednesdays 7 August to 11

September, 10am-12pm

Hope Uniting Church, 829 Anzac Pde, Maroubra. Run by The Junction Neighbourhood Centre

Facilitator: Ana Chaacar and Georgie Grant

Childcare: Yes. Bookings essential.

Bookings open: 5 June, contact Family programs on 9349 8200 or familysupport@jnc.org.au



PLAY WORKSHOPS FOR PARENTS AND THEIR CHILDREN (VARIOUS AGES)

Friday 23 August 10.30am-12pm for ages 6-12 months

Friday 30 August, 10.30am-12pm for ages 12-18 months

Friday 6 September, 10.30am-12pm for ages 18-24 months

Lionel Bowen Library, Maroubra

Facilitator: Antonia Folden

Childcare: Parents to attend with their children.

Cost: Free for Toy Library members, \$15 for non-members. Bookings essential.

Bookings: www.randwick.nsw.gov.au/library. Enquiries 9093 6400

SEPTEMBER

CPR AND FIRST AID FOR BABIES 0-8 YEARS

Thursday 12 September, 10am-12pm

South Eastern Community Connect Community Hub, Mascot

Facilitator: Dr Debbie Perkins

Childcare: None available.

Bookings open: 1 July, call Bronwynn on 7903 0607, 0421 741 866 or familysupport@secc.sydney



HOW TO PLAY WITH YOUR CHILD 0-3 YEARS

Thursday 12 September, 10am-12pm

Hope Uniting Church 829 Anzac Parade, Maroubra. Run by The Junction Neighbourhood Centre

Facilitator: Ariana Krynen, DClinPsy

Childcare: Yes, limited. Bookings essential.

Bookings open: 5 June, contact Family Programs on 9349 8200 or familysupport@jnc.org.au

PLAY POWER FOR PARENTS 0-3 YEARS

Saturday 21 September, 9am-11am

South Eastern Community Connect Community Hub, Mascot

Facilitator: Bronwynn Jursik

Childcare: None available.

Bookings open: 1 July, call Bronwynn on 7903 0607, 0421 741 866 or familysupport@secc.sydney



TUNING IN TO TEENS 12-18 YEARS

6 week course. Tuesdays 22, 29

October & 5, 12, 19, 26 November

6pm-8pm

Botany Family and Children's Centre, Botany

Facilitator: Evellen Tawdros

Childcare: None available.

Bookings open: 24 June, 9666 5047 or email: evellen.t@bfcc.org.au



TRIPLE P PARENTING SEMINARS (2-12 YEARS)

Tuesdays 29 October & 5, 12 November 5.30pm-7.30pm

South Eastern Community Connect Community Hub, Mascot

Facilitator: Bronwynn Jursik

Childcare: None available.

Bookings open: 1 July, call Bronwynn on 7903 0607, 0421 741 866 or familysupport@secc.sydney



NUTRITIOUS FOODS 2-5 YEAR OLDS

Thursday 24 October, 10am-12pm

Lifestart, Chifley. Run by The Junction Neighbourhood Centre

Facilitator: Marie Holland – Nutritionist

Childcare: Yes, limited. Bookings essential.

Bookings open: 5 June, contact Family Programs on 9349 8200 or familysupport@jnc.org.au

NOVEMBER

BRAIN DEVELOPMENT

Thursday 21 November, 10am-12pm

Hope Uniting Church, 829 Anzac Pde Maroubra. Run by The Junction Neighbourhood Centre

Facilitator: Ariana Krynen – DClinPsy

Childcare: Yes, limited. Bookings essential.

Bookings open: 5 June, contact Family Programs on 9349 8200 or familysupport@jnc.org.au



TUNING IN TO TEENS 10-18 YEARS

Tuesday evenings, 30 July, 6, 13, 20 August 5pm-7pm

The Deli Women and Children's Centre
Facilitator: Jennifer Wu & Ana Chaacar

Childcare: None available.

Bookings open: 13 May, 9667 4664 or admin@thedeli.org.au



DADS TUNING IN TO KIDS 2-12 YEARS, CLOSED GROUP

Saturdays 3, 10, 17, 24 August, 10am-2pm

Botany Family and Children's Centre

Facilitator: Evellen Tawdros

Childcare: None available.

Bookings open: 24 June, 9666 5047 or evellen.t@bfcc.org.au



TUNING IN TO KIDS 3-12 YEARS, CLOSED GROUP

Tuesdays 6, 13, 20, 27 August and 3, 10 September, 10am-12pm

Botany Family and Children's Centre

Facilitator: Evellen Tawdros

Childcare: Yes, limited. Bookings essential.

Bookings open: 24 June, 9666 5047 or evellen.t@bfcc.org.au



TANTRUMS AND BEHAVIOUR MANAGEMENT WORKSHOP 1-5 YEARS

Tuesday 30 July, 10am-12.30pm

Botany Family and Children's Centre, Botany

Facilitator: Tina Gouskos

Childcare: Yes, limited. Bookings essential.

Bookings open: 24 June, 9666 5047 or tina.g@bfcc.org.au

CIRCLE OF SECURITY 0-4 YEARS

8 week course, Tuesday [Date to be confirmed] 10am-12pm

Botany Family and Children's Centre, Botany

Facilitator: [To be confirmed] Child and Family East

Childcare: Yes, limited places \$40 per child flat rate fee applies for childminding (2 hours' x 8 weeks)

Bookings open: 24 June, 9666 5047 or tina.g@bfcc.org.au

Workshops

PLAY WORKSHOPS FOR PARENTS AND THEIR CHILDREN

Find out how children learn through play and what toys and activities are suitable for each stage of their development.

TRIPLE P PARENTING PROGRAM 2-12 YEARS

Strategies for a diverse range of parent/child issues such as good communication, appropriate behaviour, discipline, setting ground rules and building positive relationships with your children.

PLAY POWER

Brain development and ideas for play activities using everyday items.

CPR AND FIRST AID FOR PARENTS 0-8 YEARS

Demonstration of CPR and first aid for choking, drowning, accidental ingestions, sunburn, burns and scalds, bites and stings.

EXPRESSIVE ART GROUP FOR PARENTS WITH CHILDREN 0-3 YEARS

Unleash your inner artist at JNC's Expressive Art for New Parents program. Take some time out to practice easy, attractive art projects and learn about the therapeutic and personal benefits of creativity.

KEEPING KIDS IN MIND

Aims to help separated parents cope with challenges that may include conflict, violence, addiction struggles and anxiety.

NUTRITIOUS FOODS 2-5 YEARS

Learn about children's nutrition with healthy and delicious recipes.

TUNING IN TO TEENS

Learn how to be an emotionally intelligent parent. Understand and communicate better with your teen, guide your teen in managing emotions and maintain a close connection with them.

CIRCLE OF SECURITY

An eight-week program that aims to increase enjoyment, connection and security in the relationship between parents and children through assisting parents to understand and respond to the emotional needs of their children.

DADS TUNING IN TO KIDS

A program to give fathers/step/grandfathers skills to help their children understand and manage their emotions, while increasing connection with their children.

TUNING IN TO KIDS

Learn how to be an emotionally intelligent parent. Understand and communicate better with your child, guide your child in managing emotions and maintain a close connection with them.

TANTRUMS AND BEHAVIOUR MANAGEMENT

A workshop aimed at keeping you connected with your kids, dealing with issues that may arise daily and strategies to help you cope.

All workshops are free to attend, except where a cost is listed.

Speakers

Ana Chacar is an accredited Keeping Kids in Mind facilitator with casework experience working with families and children.

Antonia Folden is a qualified early childhood educator with over 20 years' experience in child development. She has extensive knowledge on the importance of play, positive behaviour techniques and school readiness.

Bronwyn Jursik is a child and family services team leader and is an accredited Triple P, Triple P Stepping Stones group and Play Power facilitator. Working extensively with children with additional needs, supported playgroups, child development and parenting support.

Dan Cavagnino is a qualified social worker with a number of years' experience working with children, adolescents and parents. Dan specialises in creatively engaging clients through utilising art and music.

Dr Debbie Perkins is an experienced paediatrician at Sydney Children's Hospital with extensive experience doing community talks.

Evelleen Tawdros is an experienced early childhood educator, Tuning in to Kids and Teens practitioner and Engaging adolescents and Play Power facilitator.

Georgie Grant is a qualified social worker who has worked with families and children for over 10 years and is an accredited Keeping Kids in Mind facilitator.

Jennifer Wu is Family Support Coordinator, Early Childhood specialist and experienced accredited facilitator of many groups. She has 20 years' experience working with families and children providing child development and parenting support and has worked with families in trauma.

Tina Gousskos is a qualified and experienced early childhood teacher with extensive experience in child development and a strong focus on child and family relationships.

Marie Holland is an accredited and passionate clinical nutritionist. Maria being a mum of three, has seen first hand the effects small changes to our diet can make to children's behaviour and health. Maria's aim is to provide evidence-based nutritional information and tailored support.

