

JAN-JUN 2020

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# Parenting Workshops





## MY KIDS & ME

(Parents with children in out-of-home or kinship care)

Aims to provide parents with a better understanding of their family situation and ways to deal with it. Parents explore grief and loss and its impact on children and the family.

\*Entry criteria apply.

**Monday 17, 24 February, 2, 9, 16, 23 & 30 March**  
**12.15pm – 2.45pm**

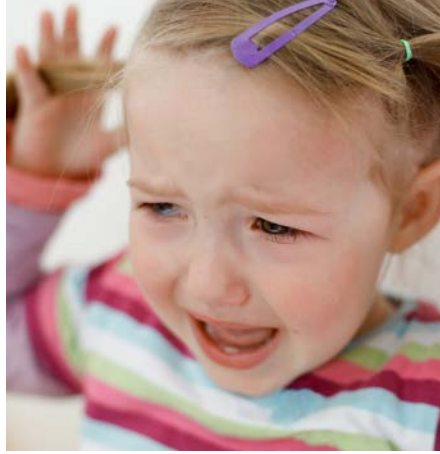
The Deli Women and Children's Centre

**Facilitator:** Juliette Ferrier and Stefanie Shirmmacher

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact The Deli on 9667 4664 or [admin@thedeli.org.au](mailto:admin@thedeli.org.au)

**FREE**



## GUIDING CHILDREN'S BEHAVIOUR

(0-12 years)

Learn the behaviour guidance techniques to manage your child's behaviour without punishment, so your child can develop the skills required become more cooperative, self-controlled, self-confident, independent and social.

**Friday 14, 21, 28 February & 6 March**  
**10am – 12pm**

**Friday 15, 22, 29 May & 5 June**  
**10am-12pm**

The Deli Women and Children's Centre

**Facilitator:** Nicky Cocksedge

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact The Deli on 9667 4664 or [admin@thedeli.org.au](mailto:admin@thedeli.org.au)

**FREE**



## WISE CHOICE KIDS

Parenting Program  
(10-18 years)

You will learn how to help your child develop empathy, resilience and self-control, through using the day to day experiences of your child.

**Monday 10, 17, 24 February & 2 March**  
**10am – 12pm**

SECC Community Connect Hub,  
1007 Botany Road, Mascot

**Facilitator:** Bronwynn Jursik

**Childcare:** None available.

**Bookings open:** 5 December, visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms) or email [familysupport@secc.sydney](mailto:familysupport@secc.sydney) or call 7903 0607

**Cost:** \$20



## DADS & BUBS BONDING

A hands on workshop for dads/grandads/ male carers and their new babies aiming to assist new dads with practical information, including feeding, sleeping and settling, infant communication and play as well as the challenges of being a father.

**Saturdays 22, 29 February & 7 March**  
**10am – 12pm**

SECC Community Connect Hub,  
1007 Botany Road, Mascot

**Facilitator:**  
Bronwynn Jursik

**Childcare:** None available.

**Bookings open:** 5 December, visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms) or email [familysupport@secc.sydney](mailto:familysupport@secc.sydney) or call 7903 0607

**FREE**



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## SINGLE PARENTS SUPPORT GROUP (0-3 years)

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Safe weekly support group for parents and carers. Each session includes a talk by an expert.

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**Tuesday 25 February, 3, 10, 17, 24  
& 31 March  
10 – 12pm**

Shop 2, 669-673 Anzac Parade

**Facilitator:** Various Speakers will discuss services available for single parents.

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact Mala Kapoor on 9349 8200 or families@jnc.org.au

**FREE**

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## CIRCLE OF SECURITY (0 to 4 years) 8 weeks course

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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.

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**Tuesday 18, 25 Feb, 3, 10, 17, 24, 31  
March & 7 April  
10am – 12pm**

Botany Family and Children's Centre

**Facilitator:** Joanne Hodzic & Deborah Novak, Senior Social Workers at Child & Family East

**Childcare:** Yes, limited places \$40 per child for child care (2 hours per week for 8 weeks).

**Bookings open:** 14 January, contact Rachel on 9666 5047 or rachael.a@bfcc.org.au

**FREE**

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## PLAY POWER FOR DADS/ GRANDADS/ MALE CARERS (0 to 3 years)

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Brain development and ideas for play activities using everyday items. Opportunity to ask questions and share parenting experiences.

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**Saturday 21 March & 4 April  
10am – 12pm**

SECC Community Connect Hub,  
1007 Botany Road, Mascot

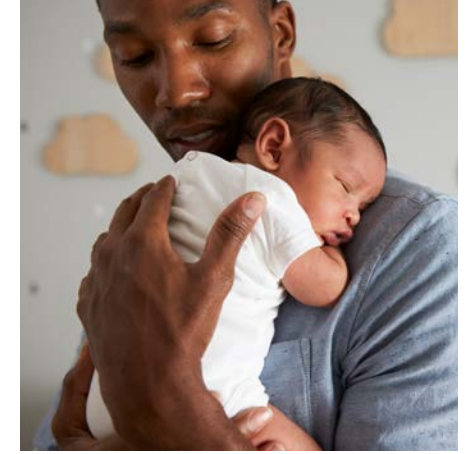
**Facilitator:** Bronwynn Jursik

**Childcare:** None available.

**Bookings open:** 5 December, visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms), contact [familysupport@secc.sydney](mailto:familysupport@secc.sydney) or 7903 0607

**Cost:** \$20

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## DADS TUNING IN TO KIDS (2 to 12 years) 4 week program

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A program that gives fathers/step-grandfathers the skills they need to help their children understand and manage their emotions, while increasing connection with their children.

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**Saturdays 14, 21, 28 March & 4 April  
10am – 12pm**

Botany Family and Children's Centre

**Facilitator:** Evellen Tawdros

**Childcare:** None available.

**Bookings open:** 10 February on 9666 5047 or [evellen.t@bfcc.org.au](mailto:evellen.t@bfcc.org.au)

**FREE**

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## 123 MAGIC & EMOTION COACHING

(0-12 years)

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Understand the nature of discipline and get better results with less effort and stress when dealing with your child's difficult behaviour. Get an introduction to emotion coaching.

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**Friday 13, 20, 27 March**  
**11.30am – 1.30pm**

Kooloora Community Centre,  
167 Bilga Crescent, Malabar

**Facilitator:** Jennifer Wu

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact The Deli on 9667 4664 or admin@thedeli.org.au

**FREE**

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## TRIPLE P FOR PARENTS

(2-12 years)

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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.

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**Tuesdays 3, 10 & 17 March**  
**5.30 – 7.30pm**

**Mondays 4, 11, 18 & 25 May**  
**10am-12pm**

SECC Community Connect Hub,  
1007 Botany Rd, Mascot

**Facilitator:** Bronwynn Jursik

**Childcare:** None available.

**Bookings open:** 5 December 2019, visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms), contact Bronwynn Jursik on 7903 0607 or familysupport@secc.sydney

**FREE**

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## CPR AND FIRST AID FOR BABIES & TODDLERS

(0-5 years)

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

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**Thursday 13 February, 19 March & 7 May**  
**12 – 2pm**

SECC Community Connect Hub,  
1007 Botany Rd, Mascot

**Facilitator:** Dr Debbie Perkins

**Childcare:** None available.

**Bookings open:** 5 December 2019, visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms), contact Bronwynn Jursik on 7903 0607 or familysupport@secc.sydney

**Cost:** \$20

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## BLACK BOX PARENTING

All ages

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A non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after experiencing trauma.

\*ENTRY CRITERIA APPLY

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**Monday 27 April, 4, 11, 18, 25 May, 1, 8, 15, 22 & 29 June**  
**12.30 – 2.30pm**

The Deli Women & Children's Centre

**Facilitator:** Jennifer Wu & Juliette Ferrier

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact The Deli on 9667 4664 or admin@thedeli.org.au

**FREE**

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## 123 MAGIC (0-3 years)

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Developed by Tom Phelan, this parenting program aims to help parents understand the nature of discipline and manage their children's behavior with effective skills and controlled emotions.

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**Wednesday 15, 22 & 29 April**  
**10am – 12pm**

Lionel Bowen Library, 669/673 Anzac Parade, Maroubra

**Facilitator:** Dan Cavagnino and Mala Kapoor

**Childcare:** Yes, limited. Bookings essential.

**Bookings open:** 6 January, contact Dan Cavagnino on 9349 8200 or families@jnc.org.au

**FREE**

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## DADS DEVELOPING POSITIVE CONNECTIONS WITH THEIR CHILD (0-8 Years)

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A workshop series for fathers and male carers who want to:

- enhance their relationship with their children
- discuss the challenges with other men

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**Wednesday 13, 20 & 27 May**  
**6 – 8pm**

JNC Maroubra

**Facilitator:** Josh Tierney

**Childcare:** None available.

**Bookings open:** 6 January, book on 9349 8200 or families@jnc.org.au

**FREE**

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## TANTRUMS AND BEHAVIOUR MANAGEMENT WORKSHOP (1- 5 years)

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

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**Tuesday 26 May, 2 & 9 June**  
**10 – 12pm**

Botany Family and Children's Centre, Botany

**Facilitator:** Tina Gouskos and Evellen Tawdros

**Childcare:** Yes, limited. Bookings essential (\$10 childcare fee).

**Bookings open:** 31st March, contact Tina on 9666 5047 or tina.g@bfcc.org.au

**FREE**

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## MINDFULNESS FOR POSITIVE CHILDHOOD DEVELOPMENT (0-8 years)

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A three week workshop and information session. This program will explore the various mindfulness strategies that contribute to positive childhood development.

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**Tuesday 26 May, 2 & 9 June**  
**10am – 12pm**

Maroubra JNC, Shop 2, 669-673 Anzac Parade

**Facilitator:** Dan Cavagnino

**Childcare:** None available.

**Bookings open:** 6 January, contact Dan Cavagnino on 9349 8200 or families@jnc.org.au

**FREE**

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## TUNING INTO KIDS

(3 to 12 years)  
Closed group

A parenting program focussing on the emotional connection between parents and their children. The program assists parents with skills in emotion coaching, which is to recognise, understand and respond to their child's emotions in a supportive way.

**Tuesdays 26 May, 2, 9, 16, 23  
& 30 June**

**10am – 12pm**

Botany Family and Children's Centre

**Facilitator:** Evellen Tawdros

**Childcare:** Yes, limited. \$30 per child/  
childcare for the entirety of the program.

**Bookings open:** 31st March, call  
9666 5047 or email [evellen.t@bfcc.org.au](mailto:evellen.t@bfcc.org.au)

**FREE**



## Speakers

**Juliette Ferrier** is a Therapeutic Services Coordinator, Counsellor and Caseworker. She is a trauma specialist, having worked extensively with women and families in trauma.

**Stefanie Shirrmacher** is a Counsellor and Caseworker. She is a trauma specialist, having worked extensively with women and families in trauma and women recovering from addiction.

**Nicky Cocksedge** is a Family Support Worker, Early Childhood Specialist and accredited facilitator in Black Box Parenting, 123 Magic and Bringing Up Great Kids. Nicky has over 20 years' experience as an Early Childhood Educator with extensive knowledge on child development and positive behaviour guidance techniques.

**Jennifer Wu** is a 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, positive behaviour guidance techniques and parenting support and having worked with families in trauma.

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

**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.

**Evellen Tawdros** is an experienced and qualified early childhood & parenting educator, Tuning in to Kids and Teens practitioner, RAGE and Engaging Adolescents and Play power facilitator.

**Tina Gouskos** is a qualified and experienced early childhood teacher and parenting educator for birth to five years, with extensive experience in child development and a strong focus on child and family relationships.

**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.

## Some useful websites

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### [www.randwick.nsw.gov.au](http://www.randwick.nsw.gov.au)

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

### [www.thedeli.org.au](http://www.thedeli.org.au)

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

### [www.jnc.org.au](http://www.jnc.org.au)

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

### [www.secc.sydney](http://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](http://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.playgroupnsw.org.au](http://www.playgroupnsw.org.au)

Find a playgroup near you.

### [www.resourcingparents.nsw.gov.au](http://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](http://www.mychild.gov.au)

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

### [www.community.nsw.gov.au](http://www.community.nsw.gov.au)

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

### [www.kidshelp.com.au](http://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](http://www.benevolent.org.au)

Helping people change their lives through support and education.

### [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Browse health topics A to Z and download.

### [www.kooloora.org](http://www.kooloora.org)

Various programs for families and seniors.