

Bookings

Bookings are essential for all groups, seminars, or workshops. All groups, seminars, workshops are free unless there is a cost for workbooks.

If you register for a group, and then are not able to attend, please contact us to let us know that you are not coming. We often have a waiting list for groups and when you do not attend, you deprive another parent of coming to the group.

Group & workshop flyers are available at <http://handsheartsminds.wordpress.com/parenting-groups-and-workshops/>.

Refreshments

Tea and coffee provided. Please bring your own snacks. Most of the groups do not have a scheduled break.

Child minding

Child minding is available for some groups. Bookings are essential to ensure we have the correct carer-to-child ratio. Child minding services are provided by Care Pair and/or Nepean Community & Neighbourhood Services.

Please bring snacks, lunch, and drink bottle for your child (no peanut products please). Please dress your child in play clothes and sturdy shoes. Please bring a hat and nappies. And label everything. Parents are responsible for toileting or changing their child.

Transport

All venues have parking available. The venues are also accessible by public transport—please ask for more information when booking your place.

Contact Details

Narelle Smith **Family Worker**
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Nepean Community & Neighbourhood Services



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www.nepeancommunity.org.au

Parenting Groups and Workshops Term 3, 2015

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ParentingInPenrith



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GROUPS	DAY, DATE & TIME	LOCATION
<p>Triple P parent group (Positive Parenting Program) <i>for parents of 2 to 12 year-olds</i> Need some more tools for your parenting toolbox? Build strong and positive relationships, manage mistaken behaviour, make parenting more enjoyable and less stressful. Child minding available.</p>	<p>Wednesdays 5 sessions 29th July to 26th August 9:45am to 12pm</p>	<p>South Penrith Neighbourhood Centre 3 Trent St</p>
<p>Teen Triple P parent group (Positive Parenting Program) <i>for parents of teens</i> Tips and tricks for living with teens and making the experience more positive for everyone.</p>	<p>Tuesdays 5 sessions 18th August to 15th September 10am to 12:15pm</p>	<p>Koolyangarra corner of Pendock Way and Kington Place Cranebrook</p>
<p>Stepping Stones Triple P seminars <i>for parents of children with disabilities</i> 1. Positive parenting for children with a disability 2. Helping your child reach their potential 3. Changing problem behaviour into positive behaviour These are seminars NOT a group. You are free to attend any or all of the seminars. Child minding available.</p>	<p>Tuesdays 3 seminars - 28th July - 4th August - 11th August 11:30am to 1pm</p>	<p>South Penrith Neighbourhood Centre 3 Trent St</p>
<p>Circle of Security Increase your awareness of your children's needs and your responses to those needs. Become aware of the learned patterns that get in the way of being able to be a bigger, stronger, wiser, and kinder parent. Learn the importance of belonging and connection, and relationship repair.</p>	<p>Wednesdays 7 sessions 29th July to 9th September 12:30pm to 2:30pm</p>	<p>South Penrith Neighbourhood Centre 3 Trent St</p>
<p>Cool Little Kids This group is a treatment programme for parents of children aged 3 to 8 years who are excessively shy or are demonstrating anxiety at home and in the community. This group has a 1 week break after Session 3.</p>	<p>Fridays 4 sessions over 5 weeks 7th August to 4th September 10am to 12pm</p>	<p>South Penrith Neighbourhood Centre 3 Trent St</p>

SUPPORT GROUP	DAY & TIME	LOCATION
<p>ADHD Parent Support Group - Monday night</p>	<p>20th July 2015 17th August 2015 21st September 2015 7:30pm to 9:30pm</p>	<p>South Penrith Neighbourhood Centre 3 Trent St</p>

BY APPOINTMENT (Daytime only) ...	DETAILS
<p>Triple P</p> <ul style="list-style-type: none"> • Parent Traps • Coping with your anger • Partner Support • Coping skills 	<p>Do you need extra support to get Triple P going in your family?</p> <p>For parents who have completed the Triple P parent group. These are individual modules.</p>
<p>Triple P</p> <ul style="list-style-type: none"> • Disaster Recovery 	<p>For parents who are needing parenting support after a natural disaster.</p>
<p>Triple P</p> <ul style="list-style-type: none"> • Family Transitions (separation & divorce) 	<p>For parents who are experiencing parenting challenges associated with separation and divorce. Cost: \$45 for the workbook & CD</p>
<p>Triple P</p> <ul style="list-style-type: none"> • Stepping Stones 	<p>For families who have a child with a disability. This is an individual consultation to address parenting challenges.</p>
<p>Resilience Doughnut</p>	<p>Resilience Doughnut is a tool that parents can use to measure their child's resilience.</p>
<p>Special Playtime</p>	<p>Special Playtime helps parents to build a relationship with their child through play. Special Playtime has been shown to reduce child behavioural difficulties in children under 7 years of age.</p>