

Bookings

Bookings are essential for all groups and workshops. All groups and 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. They are also accessible by public transport—please ask for more information when booking your place.

Contact Details

Narelle Smith **Family Worker**
Mobile Phone: **0409 986121**
Centre Phone: **4721 8520**
Email: **Narelle@nepeancommunity.org.au**

Nepean Community & Neighbourhood Services



RESPECT. RESILIENCE. RECONCILIATION.

www.nepeancommunity.org.au

Parenting Groups and Workshops Term 2, 2015

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ParentingInPenrith



handsheartsminds.wordpress.com

| GROUPS | DAY, DATE & TIME | LOCATION |
|---|--|--|
| <p>Triple P parent group (Positive Parenting Program) Need some more tools for your parenting toolbox? Build strong and positive relationships, manage mistaken behaviour, make parenting more enjoyable and less stressful.</p> | <p><u>Wednesdays</u> 5 sessions 6th May to 3rd June 6pm - 8:15pm</p> | <p>Somerset Cottage Child Care Centre, Kingswood</p> |
| <p>Triple P parent group <i>Child minding available.</i> Contact Zoe Harris on 4729 0442 or 0437 699019</p> | <p><u>Wednesdays</u> 6 sessions 13th May to 16th June 12pm - 2:30pm</p> | <p>Cranebrook Neighbourhood Centre</p> |
| <p>Teen Triple P parent group (Positive Parenting Program) Triple P for parents of teens. <i>Child minding available.</i></p> | <p><u>Wednesdays</u> 6 sessions 13th May to 17th June 11am -1:15pm</p> | <p>South Penrith Neighbourhood Centre</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. This group has a 1 week break after Session 3. <i>Child minding available.</i></p> | <p><u>Fridays</u> 7 sessions 1st May to 19th June 10am - 12pm</p> | <p>Floribunda Community Centre, Glenmore Park</p> |
| <p>Cool Little Kids This group is a treatment programme for parents of children aged 3 to 6 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. Cost: \$20 for the workbook</p> | <p><u>Tuesdays</u> 4 sessions 19th May to 16th June 11am - 1pm</p> | <p>South Penrith Neighbourhood Centre</p> |

| SUPPORT GROUPS | DAY & TIME | LOCATION |
|---|--|---|
| <p>ADHD Parent Support Group - Monday night</p> | <p>20th April 2015 18th May 2015 15th June 2015 7:30pm to 9pm</p> | <p>South Penrith Neighbourhood Centre</p> |
| <p>ADHD Parent Support Group - Tuesday morning <i>Child minding available.</i></p> | <p>12th May 2015 23rd June 2015 11am to 12:30pm</p> | <p>South Penrith Neighbourhood Centre</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>For parents who have completed the Triple P parent group. Need extra support to get Triple P going in your family? Cost: \$10 for each workbook</p> |
| <p>Triple P</p> <ul style="list-style-type: none"> • Disaster Recovery | <p>For parents who are trying to cope 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>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.</p> |
| <p>Connecting with Kids</p> | <p>Support for your Special Playtime and/or Circle of Security skills.</p> |