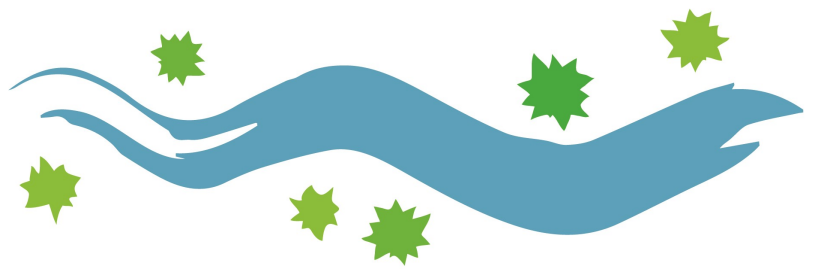


NCNS



Nepean Community & Neighbourhood Services

Parenting Courses and Workshops - Term 2, 2017

Having one of those days? Tired of yelling at the kids? Or just want to know more?
FREE Practical tips for everyday parenting



What's available this term?

Positive Parenting Program (Triple P) - 2 to 12 years

Positive Parenting Program (Triple P) - 10 to 16 years

Stepping Stones Triple P - additional strategies

Triple P - Hassle free grocery shopping - 2 to 12 years

Triple P - Dealing with teen emotions - 10 to 16 years

Triple P - Avoiding Parent Traps

Special Playtime workshop

Anxiety seminar

AD/HD seminar

Bookings are essential for all courses, seminars, or workshops.

Facilitator: Narelle Smith

All courses, seminars, and workshops are free.

Phone: 47218520

Email: Parenting@nepeancommunity.org.au

Nepean Community & Neighbourhood Services

NCNS

RESPECT. RESILIENCE. RECONCILIATION.
www.nepeancommunity.org.au

For dates, times, and venues, please see the reverse of this page.

Activity	Day, Date & Time	Location
Anxiety seminar for parents who want to know more about anxiety for children and teens	Thursday 27th April 6:30pm to 8:30pm	Luke Priddis Foundation Penrith
Stepping Stones Triple P—additional strategies for parents of children with disabilities, who have completed the 5 week Triple P course You've completed the foundation course, now get the additional strategies for Stepping Stones Triple P.	Monday 1st May 10am to 12:30pm	South Penrith Neighbourhood Centre
Positive Parenting Program (Triple P) course for parents of children aged 2 to 12 years Need some more tools for your parenting toolbox? How to build a strong foundation of positive parenting based on relationship, encouraging desirable behaviour and skills, and setting boundaries and limits. <i>You must come to the first session. !</i>	Mondays 5 sessions 8 May to 5 June 10am to 12:30pm	Floribunda Community Centre Glenmore Park
Positive Parenting Program (Triple P) course - Teen for parents of teens 10 to 16 years Parenting teens does not have to be a difficult time. Triple P makes the job a lot easier and enjoyable. <i>You must come to the first session !</i>	Wednesdays 4 sessions 10 May to 31 May 10am to 12:30pm	South Penrith Neighbourhood Centre
AD/HD seminar for parents who have children with a primary diagnosis of AD/HD What is AD/HD and what is the best treatment?	Thursday 11 May 10am to 12:15pm	South Penrith Neighbourhood Centre
Hassle free grocery shopping (Triple P workshop) for parents of children aged 2 to 12 years.	Thursday 18 May 10am to 12:30pm	South Penrith Neighbourhood Centre
Dealing with teen emotions (Triple P workshop) for parents of young people aged 10 to 16 years.	Thursday 25 May 10am to 12:30pm	South Penrith Neighbourhood Centre
Positive Parenting Program (Triple P) course for parents of children aged 2 to 12 years Need some more tools for your parenting toolbox? How to build a strong foundation of positive parenting based on relationship, encouraging desirable behaviour and skills, and setting boundaries and limits. <i>You must come to the first session !</i>	Thursdays 5 sessions 1 June to 29 June 10am to 12:30pm	Floribunda Community Centre Glenmore Park
Triple P - Avoiding Parent Traps for parents who need additional support <u>after</u> completing the 5 week Triple P course Parents must be currently caring for their child/ren.	Wednesdays 14 & 21 June 10am to 12:30pm	South Penrith Neighbourhood Centre
Special Playtime for parents of children aged 2 to 7 years Learn how to use play to address your child's tricky behaviours.	Monday 19 June 10am to 12:30pm	South Penrith Neighbourhood Centre

Contact Details

Centre Phone: 4721 8520

Email: Parenting@nepeancommunity.org.au



Parenting In Penrith (Facebook)



Hands, Hearts and Minds (Wordpress)



Hands, Hearts & Minds (Pinterest)