

Parenting Programs – Term 1 2021

Black Box Parenting Program

Black Box Parenting Program is for parents who have experienced family/domestic violence and want to move forward in their parenting. To be able to get the most out of this course, and put into practice what you have learnt, you must either have your children living with you, or have regular contact/visits with them. Free Program.

When: Tuesdays weekly. Face to face sessions start Tuesday 9th February, 16th February, 2nd March, 16th March & 30th March 2021
Individual follow-up phone calls to be arranged after each session ***A pre workshop group meeting will be arranged, details provided upon booking into workshop*

Time: 12:00pm– 2:00pm

Where: Cranebrook Neighbourhood Centre, Hosking St, Cranebrook, NSW 2749

Triple P (Positive Parenting Program)

Need some more tools for your parenting toolbox? Having one of those days? Tired of yelling at the kids? Or just want to know more? FREE Practical tips for everyday parenting! Positive Parenting Program for parents of children 2 – 12 years. Fantastic knowledge for all parents or carers.

When: Fridays weekly from 12th February to 12th March 2021 (5 weeks)

Time: 10:00am–12:00pm

Where: Cranebrook Neighbourhood Centre, Hosking St, Cranebrook, NSW 2749

Keeping Children Safe

A five week information course that explains the various aspect of abuse and neglect, what it is, the impact on children and importantly easy ways we can keep our children safe. Fantastic knowledge for all parents or carers!

When: Wednesdays from 17th February to 17th March 2021 (5 weeks)

Time: 9:30am–12:00pm

Where: South Penrith Neighbourhood Centre, 3 Trent Street, South Penrith, NSW 2750

To Book please contact Zoe:

P: 02 4729 0442 **M:** 0437 699 019 **E:** zoe@nepeancommunity.org.au

Free Programs. Limited spaces so bookings are essential. Possible childcare, please enquire when booking.

****COVID 19 social distancing measures will be implemented, please do not attend if you are unwell, call and notify and a catch up session will be arranged****

