



Parenting Programs Term 2 2023

NON-ACCREDITED FIRST AID FOR CHILDREN & BABIES

Learn how to confidently help your child in an emergency. Facilitated by an ICU Nurse. Topics include Cardiopulmonary resuscitation (CPR), Anaphylaxis, Asthma & Choking.

WHEN: Wednesday 3rd May 2023

TIME: 10am-12pm (2 hours)

WHERE: Cranebrook Neighbourhood Centre
17 Hosking St CRANE BROOK

CIRCLE OF SECURITY-PARENTING™

Relationship-based early intervention program designed to enhance attachment security between parents and children.

WHEN: Thursdays 4th May - 22nd June 2023

TIME: 10am-11.30am (1.5 hours)

WHERE: Online via ZOOM
(Open to NSW Residents only)

TUNING IN TO TEENS

Tuning in to Teens is emotion-focused program that aims to give you helpful ways of teaching tweens and teens the skills of emotional intelligence. Suitable for parents of children & young people aged 8 - 16 years.

WHEN: Wednesdays 10th May - 14th June

TIME: 10am-12pm (2hours)

WHERE: Cranebrook Neighbourhood Centre
17 Hosking St CRANE BROOK

PARENTING AFTER FAMILY VIOLENCE

A nurturing, kind program for mothers/ female caregivers who wish to heal relationships with their children and teens after family violence.

WHEN: Tuesdays 9th May - 20th June (7 weeks)

TIME: 10am-12pm (2 hours)

WHERE: Location in Penrith, address to be sent via SMS to participants one week before the first session.

Contact Monica for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au