



## Parenting Programs - Term 1 2024

### Indigenous Peaceful Parents

Indigenous Peaceful Parents is a Mindfulness and Positive Psychology based program to increase resilience in primary aged children. Peaceful Parents is a strengths-based parenting program that is engaging, practical and supportive for parents. It helps parents to draw on their parenting strengths to build resilient and calm kids.

#### About this program:

Free 4-week group program for caregivers of babies, toddlers & children Workbook and certificate of completion included.

**When:** Thursdays 7th March to 28th March 2024  
**Time:** 9.30 -11.30am (2 hours)  
**Venue:** Braddock Public School Hub

Morning tea provided. Call Amy to book - details below. Contact Amy for all enquiries on 0477 004 773 or [amy@nepeancommunity.org.au](mailto:amy@nepeancommunity.org.au)

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### Indigenous Triple P

Indigenous Triple P (Positive Parenting Program) aims to make parenting easier. This FREE program aims to help our mothers, fathers, family and carers to understand how we can help our children grow, teach them right from wrong, help them develop respect and have strong family relationships.

**When:** Mondays weekly from 12th February to 11th March 2024 (5 weeks)  
**Time:** 12:30pm - 2:30pm  
**Venue:** Cranebrook Neighbourhood Centre, Hosking Street, Cranebrook NSW 2749

Morning tea provided. Child minding and transport available if required. Please contact Zoe to book. Limited spots available. Zoe 02 4729 0442 or 0409 986 121



# Bringing Up Great Kids

The Bringing up Great Kids program offers tools to better understand your child's actions and enhance your communication and patterns of behaviour.

The aim is to promote more respectful interactions and encourage the development of your child's positive self-identity. This program was developed by the Australian Childhood Foundation in 2005 and has seen more than 50,000 parents benefit from it since it started.

About this FREE program:

- For parents/caregivers of babies, toddlers and primary aged children
- Delivered by an accredited Child & Family Social Worker
- Limited child minding available (on request only)

**When:** Tuesdays 13th February - 19th March 2024

**Time:** 10am - 12pm (2 hours)

**Venue:** South Penrith Neighbourhood Centre, 3 Trent St, South Penrith NSW 2750

Contact Sussan for all enquiries on 0437 699 019 or [parenting@nepeancommunity.org.au](mailto:parenting@nepeancommunity.org.au)

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## Circle of Security - Parenting™

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

**When:** Wednesdays 14th February - 3rd April 2024

**Time:** 10am - 12pm

**Where:** Cranebrook Neighbourhood Centre, Hosking Street, Cranebrook, NSW 2749

Childcare available. Contact Sussan for all enquiries on 0437 699 019 or [parenting@nepeancommunity.org.au](mailto:parenting@nepeancommunity.org.au)