

## Parenting Workshops January– June 2018

### February

#### **FREE Triple P**

Tuesdays 6, 13, 20, 27 February 10am-12pm

**South Randwick Community Hub**

**Speaker:** Ana Chacar

**Childcare:** Yes limited, bookings essential.

**Bookings open:** 15 January, on 9349 8200 or [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au)

#### **FREE Nutritious Foods for Babies and Toddlers**

Wednesday 7 February 10am-12pm

**South Randwick Community Hub**

**Speaker:** Ken Daniels

**Childcare:** Yes but limited, bookings essential.

**Bookings open:** 15 January on 9349 8200 or [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au)

### March

#### **FREE Brain development and milestones**

Tuesday 27 March 10:00am to 12:00pm

**South Randwick Community Hub**

**Speakers:** UNSW Parent Child Research Clinic

**Childcare:** Yes limited, bookings essential.

**Bookings open:** 15 January on 9349 8200, or [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au)

### April

#### **FREE Resilience Doughnut (for parents of children 6 and up)**

Thursday 26 April 10:00am to 12:00pm

**South Randwick Community Hub**

**Speakers:** Shellie Atkins

**Bookings open:** 15 January on 9349 8200, or [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au)

### May

#### **FREE Bright Thinking (for children 8-12)**

Thursdays 3, 10, 17, 24, 31 May, 7 June 3:30pm-4:30pm

**South Randwick Community Hub**

**Speaker:** Shellie Atkins

**Bookings open:** 15 January on 9349 8200 or [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au)

## June

### **FREE Language Development and Bilingualism**

Tuesday 19 June, 10am-12pm

**South Randwick Community Hub**

**Speaker:** Anna Kearns

**Childcare:** Yes limited, bookings essential.

**Bookings open:** 15 January, on 9349 8200 or [familysupport@inc.org.au](mailto:familysupport@inc.org.au)

### **FREE Sibling Rivalry**

Thursday 7 June 10am-12pm

**South Randwick Community Hub**

**Speaker:** UNSW Parent Child Research Clinic

**Bookings open:** 15 January, on 9349 8200 or [familysupport@inc.org.au](mailto:familysupport@inc.org.au)

## Workshop descriptions

### **Triple P for Parents**

Strategies for a diverse range of parent/child issues such as good communication, appropriate behaviour, discipline, setting ground rules and building positive relationships with your children.

### **Language Development and Bilingualism**

A qualified speech pathologist discusses the important connection of using your home language as a priority when wanting your child to learn English as well.

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### **Resilience Doughnut**

This program will assist parents with implementing practical strategies that encourage resilience in their child.

### **Nutritious Foods (0 to 5 year olds)**

Learn about children's nutrition as well as some healthy and delicious recipes.

### **Bright Thinking**

A fun and innovative 6 week program, for children aged 8-12, which aims to help them learn a more optimistic style of thinking and works to improve the child's resilience so that they feel better able to cope in all situations.

## About the speakers

**Ana Chacar** is an accredited 1,2,3 Magic and Emotion Coaching and Engaging Adolescents facilitator with extensive experience in supported playgroups, child development and parenting.

**Anna Kearns** is a qualified speech pathologist from Sydney Children's Hospital.

**Shellie Atkins** is a social worker at The Junction Neighbourhood Centre specialising in connecting communities.