

The Junction Neighbourhood Centre Family Programs

PARENTING CALENDAR

Feb - Jun 2017

**Bookings
Essential!**

Contact Family Programs

P: 9349 8200

E: familysupport@jnc.org.au

**All courses are
FREE!**

Resilience Doughnut Parenting Course

Wednesday 24 May
5:30pm - 7:30pm

JNC Maroubra, Shop 2, 669-673

Anzac Pde Maroubra

Speaker: Rhiannon Eves

Bounce back through challenges and stressful times. Learn how to apply an optimistic style of thinking and develop positive life skills and resiliency within yourself and your child/children.

Triple P Positive Parenting Program

Tuesdays (4 x Tuesdays)

21 February - 14 March

10am - 12pm

JNC Maroubra, Shop 2, 669-673

Anzac Pde Maroubra

Speaker: Ana Chacar

Learn parenting skills including:

- * appropriate behaviour
- * building positive relationships with your child
- * setting ground rules
- * communication
- * discipline

Bilingualism Parenting Course

Thursday 6 April

10am - 12pm

JNC Maroubra, Shop 2, 669-673

Anzac Pde Maroubra

Speaker: Anna Kearns

Discover more about typical language development and how to encourage your child's language development. Recognise the issues and discover easy guidelines on raising a child in a bilingual environment.

Nutritious Foods for 0-5 year olds

Friday 16 June 10am - 11.30am

La Perouse Public School, Yarra Rd,

Phillip Bay

Speaker: TBA

Learn about children's nutrition and how to make some healthy and delicious recipes.



These courses/playgroups are part of the South Randwick Community Hub Partnership with The Deli Women and Children's Centre, The Junction Neighbourhood Centre and South Eastern Community Connect and are funded by Families NSW.

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TheJNC



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