

Parenting workshops JULY – DECEMBER 2015

JULY

FREE Baby Shed for Dads/Grandads/Male Carers (0 to 9 months)

Saturdays 11, 18, 25 July, 9am to 11am
The Junction Neighbourhood Centre, Maroubra
Speaker: Robert Harris
Childcare: No
Bookings open: contact Family Programs on 9349 8200 or familysupport@jnc.org.au

FREE CPR and first aid (0 to 8 years)

Monday 20 July, 10am to 12pm
Margaret Martin Library, Randwick
Speaker: Dr Debbie Perkins
Childcare: No, this is for parents only
Bookings open: 22 June on 9399 0823 or Avril.Jeans@randwick.nsw.gov.au

FREE Circle of Security (0 to 4 years)

8 week course Tuesdays 21, 28 July, 4, 11, 18 and 25 August, 1 and 8 September, 10am to 12pm
Botany Family and Children's Centre, Botany
Speakers: Adam Johns and Belinda Clark
Childcare: Yes, limited places
Bookings open: 22 June on 9666 5047 or kristybotany@bigpond.com

FREE Triple P Parenting Seminar (2 to 8 years)

Thursday 23, 30 July, 10am to 12.30pm
The Deli Women & Children's Centre, Eastlakes
Speaker: Bronwynn Jursik
Childcare: Yes
Bookings open: 1 July on 9667 4664 or admin@thedeli.org.au

Know Your Child (2 to 4 years)

Saturday 25 July, 10.30am to 12.30pm
Randwick City Library, Maroubra
Speaker: Antonia Folden
Childcare: No. This workshop is for adults only.
Cost: Free for Toy Library members, \$15 for non members. Bookings essential at the library or on 9314 4888 **Enquiries:** 9314 4888

FREE Tuning in to kids (3 to 12 years)

Tuesday 28 July, 4, 11, 18, 25 August, 1 September 5:30pm to 7:30pm
Botany Family and Children's Centre, Botany
Speakers: Kristy Greenlees and Evellen Tawdros
Childcare: No
Bookings open: 22 June on 9666 5047 or evellenbotany@bigpond.com

AUGUST

FREE Baby Shed for Dads/Grandads/Male Carers (0 to 9 months)

Saturday 1, 8 and 15 August, 9am to 11am
South East Neighbourhood Centre, Rosebery
Speaker: Robert Harris
Childcare: No
Bookings open: June call Bronwynn or Ruming on 8338 8506 or familysupport@senc.org.au

FREE CPR and first aid (0 to 8 years)

Wednesday 12 August, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Dr Debbie Perkins
Childcare: Yes, limited numbers, **bookings essential** at \$10 per child per session
Bookings open: June on 8338 8506 or familysupport@senc.org.au

FREE Play Power for Dads

Saturday 22 August, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Ruming Yang and Bronwynn Jursik
Childcare: No
Bookings open: June call Ruming or Bronwynn on 8338 8506 or familysupport@senc.org.au

FREE Managing the behaviour of 7 to 10 year olds

Saturday 29 August, 10am to 12pm
Margaret Martin Library, Randwick
Speaker: Janet Harris
Childcare: No, this is for parents only
Bookings open: 27 July on 9399 0823 or Avril.Jeans@randwick.nsw.gov.au

SEPTEMBER

FREE CPR and first aid (0 to 8 years)

Wednesday 2 September, 10am to 12pm
Kooloora Community Centre, Malabar
Speaker: Dr Debbie Perkins
Childcare: Yes, bookings essential
Bookings open: July on 9661 5765 or melinda.leves@randwick.nsw.gov.au

FREE Protective Behaviours (3 to 6 years)

Thursday 3, 10 September, 10am to 12.30pm
The Deli Women & Children's Centre, Eastlakes
Speakers: Jennifer Wu and Rosa Pantaleone
Childcare: Yes
Bookings open: 1 July on 9667 4664 or admin@thedeli.org.au

FREE 1,2,3 Magic and Emotion Coaching (Mandarin Language)

Thursday 3, 10 and 17 September, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Ruming Yang
Childcare: Yes, limited numbers, **bookings essential** at \$10 per child per session
Bookings open: June call Ruming on 8338 8506 or familysupport@senc.org.au

Play Workshops for parents and their children (various ages, see below)

Friday 4 September, 10.30am to 12pm, ages 6 to 12 months
Saturday 12 September, 10.45am to 12pm, ages 12 to 18 months (part of a Dad's day event)
Friday 18 September, 10.30am to 12pm, ages 18 to 24 months
Bowen Library, Maroubra
Speaker: Antonia Folden
Childcare: No, parents to come with their children
Cost: Free for Toy Library members, \$15 for non members. Bookings essential.
Bookings open: 4 August
www.randwickcitylibrary.eventbrite.com
Enquiries: 9314 4888

FREE Bedtimes and breakfasts

Saturday 26 September, 10am to 12pm
Margaret Martin Library, Randwick
Speaker: Janet Harris
Childcare: No, this is for parents only
Bookings open: 24 August on 9399 0823 or Avril.Jeans@randwick.nsw.gov.au

OCTOBER

FREE Triple P Parenting Group (2 to 12 years)

Wednesday 7, 14, 21 and 28 October, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Bronwynn Jursik
Childcare: Yes, Limited numbers, **bookings essential** at \$10, per child per session
Bookings open: June on 8338 8506 or familysupport@senc.org.au

FREE Music & Movement (2 to 6 years)

Thursday 8, 15, 22, 29 October 10am to 11am
South Randwick Community HUB, LaPerouse
Speakers: Rosa Pantaleone and Lee Golsby
Childcare: No
Bookings open: 1 July on 9349 8200 or familysupport@jnc.org.au

FREE Self Esteem for Women/mothers

Tuesday 13, 20, 27 October, 3 November, 10am to 12pm
Botany Family and Children's Centre, Botany
Speakers: Rachael Atkins
Childcare: Yes, limited places
Bookings open: 8 September on 9666 5047 or rachaelbotany@bigpond.com

FREE Build Strong Resilient Kids (all ages)

Saturday 24 October, 10am to 2pm
The Deli Women & Children's Centre and Botany Bay City Council, Westfield Eastgardens
Speakers: Jennifer Wu
Childcare: No
Bookings open: 1 July on 9667 4664 or admin@thedeli.org.au

FREE How to Survive Tantrums

Saturday 24 October, 10am to 12pm
Margaret Martin Library, Randwick
Speaker: Janet Harris
Childcare: No, this is for parents only
Bookings open: 24 September on 9399 0823 or Avril.Jeans@randwick.nsw.gov.au

NOVEMBER

FREE CPR and first aid (0 to 8 years)

Wednesday 4 November, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Dr Debbie Perkins
Childcare: Yes, Limited numbers, **bookings essential** at \$10 per child per session
Bookings open: June on 8338 8506 or familysupport@senc.org.au

FREE Tantrums and behaviour management

Tuesday 10 November, 10am to 12pm
Botany Family and Children's Centre, Botany
Speakers: Kristy Greenlees and Evellen Tawdros
Childcare: Yes, limited places
Bookings open: 13 October on 9666 5047 or kristybotany@bigpond.com

FREE CPR and first aid

Thursday 12 November, 10am to 12pm
The Junction Neighbourhood Centre, Matraville
Speakers: Debbie Perkins
Childcare: Yes but limited, bookings essential
Bookings open: contact Family Programs on 9349 8200 or familysupport@jnc.org.au

FREE Play Power

Thursday 12 November, 10am to 12pm
South East Neighbourhood Centre, Rosebery
Speaker: Ruming Yang and Bronwynn Jursik
Childcare: Yes, limited numbers at \$10 per child per session
Bookings open: June call Ruming or Bronwynn on 8338 8506, familysupport@senc.org.au

Engaging Adolescents (12 to 18 years)

Saturday 14 November, 9.15am to 3.30pm
The Deli Women & Children's Centre and Botany Bay City Council, Westfield Eastgardens
Speakers: Jennifer Wu and Ana Chacar
Childcare: No
Cost: \$20 includes workbook, morning tea, lunch and afternoon tea
Bookings open: 1 July contact Patrick or Yasemin on 9366 3889 or secimy@botanybay.nsw.gov.au

FREE Tinsel, tears and tantrums

Tuesday 17 November, 10am to 12pm
Botany Family and Children's Centre, Botany
Speakers: Kristy Greenlees and Evellen Tawdros
Childcare: Yes, limited places
Bookings open: 13 October on 9666 5047 or kristybotany@bigpond.com

FREE Nutrition and Cooking Seminar (1 to 6 years)

Thursday 19, 26 November, 10am to 12pm
The Deli Women & Children's Centre, LaPerouse
Speakers: Rosa Pantaleone and Lara Galea
Childcare: Yes
Bookings open: 1 July on 9667 4664 or admin@thedeli.org.au

FREE Stress Management for Parents

Thursday 26 November 5:30pm-7:30pm
The Junction Neighbourhood Centre, La Perouse
Speaker: Leonie Percy
Childcare: Yes but limited, bookings essential
Bookings open: Contact Family Programs on 9349 8200 or familysupport@jnc.org.au

Workshop descriptions

CPR and first aid for parents (0 to 8 years)
Demonstration of CPR, choking, drowning, accidental ingestions, sunburn, burns and scalds, bites and stings.

Play Power (0 to 3 years)
A workshop for parents to build loving relationships and positively influence your child's development.

Engaging Adolescents (12 to 18 years)
Identify acceptable behaviour, build positive relationships, manage challenging conduct.

1, 2, 3 Magic Emotion Coaching (2 to 8yrs)
Understand the nature of discipline and get better results with less effort and stress when dealing with your child's difficult behaviour.

Triple P for parents
Strategies such as good communication, appropriate behaviour, discipline, setting ground rules and building positive relationships with your children.

Building Strong, Resilient Kids (any age)
An interactive and strengths based group using the Resilience Doughnut model to enhance and facilitate resilience in children

How to survive tantrums
Learn how to act calm even when you don't feel it. Be a role model for the behaviour you want to see. Set guidelines and stick to them.

Play Workshops for parents and children
Find out how children learn through play and what toys and activities are suitable for each stage of their development.

Know Your Child 2 to 4 years
Discover how your child learns through play. Explore strategies and techniques to encourage positive behaviour in your child.

Stress Management for Parents/Careers
Learn how to reduce stress and strengthen family connection.

Increase enjoyment, connection and security between you and your child by understanding and responding to their emotional needs.

Managing the behaviour of 7 to 10 year olds
Logical consequences for good and bad behaviour and how to act calm for big kids.

Baby Shed (0 to 6 months)
Information, including feeding, sleeping, communication and play, along with normal newborn behaviour and development.

Play Power
Brain development and ideas for play activities using everyday items. Opportunity to ask questions and share parenting experiences.

Tuning in to kids
A six week course that teaches parents the skills they need to help their children understand and manage their emotions.

Bedtimes and breakfasts
Start and end your day without a battle! Plan routines and rethink your expectations of yourself and your child.

Protective Behaviours (3 to 6 years)
A living skills and personal safety program teaching children about safety and nothing is so awful that we can't talk about it with someone.

Music & Movement (2 to 6 years)
An interactive group for parents and children. Enhance co-ordination, creativity, imagination and language skills through music.

Nutrition & Cooking (1 to 6 years)
Encourage good healthy eating habits and routines. Learn new and fun ways to cook for and with your child.

Tinsel, tears and tantrums
Keep connected with your kids, and cope with issues arising during the festive season.

Robert Harris facilitates The Baby Shed and the Fatherlinks program in several Sydney hospitals including the Royal Hospital for Women (Randwick), St George Public Hospital (Kogarah) and Sutherland Hospital.

Antonia Folden is a qualified Early Childhood Educator with over 20 years experience. She has extensive knowledge on the importance of play, child development, positive behaviour techniques and school readiness.

Rosa Pantaleone is an Early Childhood Specialist with extensive experience in Supported Playgroups, child development and parenting support.

Dr Debbie Perkins is an experienced paediatrician at Sydney Children's Hospital with extensive experience doing community talks.

Janet Harris is a Paediatric Registered Nurse with 37 years experience. She is a practitioner in Triple P Parenting and Family Partnerships trainer. Now working freelance as a parenting program facilitator.

Evellen Tawdros is an experienced early Childhood educator, Tutoring in to Kids and Teens practitioner and Engaging Adolescents and Play Power facilitator.

Kristy Greenlees is a qualified early childhood educator, Coordinator of The Randwick and Botany Supported Playgroup Service, an accredited 123 Magic, Tuning in to Kids and Play Power practitioner.

Lara Galea is an Early Childhood Educator with experience in Supported Playgroups and working with Indigenous families.

Leonie Percy is a yoga teacher, mother and author. Her mission is to keep families connected.

Some useful websites

www.randwick.nsw.gov.au
Community information, links to childcare services, library activities and homework help

www.thedeli.org.au
The Deli Women's and Children's Centre offers domestic violence counselling, supported playgroups, education family support, advocacy, referrals and groups for women and children

www.jnc.org.au
The Junction Neighbourhood Centre provides aged and disability services, family support, domestic violence assistance and community outreach

www.senc.org.au
The South East Neighbourhood Centre Eastlakes provides advocacy, advice, casework, counselling, transport, home visiting, respite care, family support, regular community activities and group outings

www.resourcingparents.com
an easy to navigate site packed full of useful information including a parenting workshops calendar covering Sydney and suburbs

www.mychild.gov.au
Current information on childcare, assistance with childcare costs and vacancies at centres across Sydney

www.community.nsw.gov.au
Community Services website for information on family support, childcare, parenting and child protection

www.kidshelp.com.au
Kids Helpline 1800 551 800 free, confidential and anonymous telephone and online counselling service specifically for young people between 5 and 25 years

www.playgroupnsw.com.au
find a playgroup near you

www.health.nsw.gov.au
browse health topics A to Z and download

www.koolooro.org
various programs for families and seniors



Parenting Workshops

Practical workshops for busy people
JULY – DECEMBER 2015



Family Programs

