

# The Junction Neighbourhood Centre

## Parenting Programs July – December 2015

**Baby Shed<sup>^</sup>** is a three week hands on workshop for dads and their babies aims to assist new dads with practical information including feeding, sleeping and settling, infant communication and play as well as the challenges of being a father.

**When:** Saturdays 11, 18, 25 July, 9 – 11am

**Where:** The Junction Neighbourhood Centre Maroubra Office, Shop 2, 669-673 Anzac Parade, Maroubra

**Language and Development – Bilingualism\*** Are you wondering whether to raise your child bilingual? Come join us and hear Speech Pathologists talk about the benefits of raising a bilingual child. You will also learn about various strategies to support your child's bilingualism.

**When:** Tuesday 8 September, 10am – 12pm

**Where:** Maroubra Junction Public School, Storey St, Maroubra

**Music and Movement\*** is a four week interactive group for 2-6 year old children and their parents to enhance coordination, creativity, imagination and language skills through music.

**When:** Thursdays 8, 15, 22 and 29 October, 10am-11am

**Where:** La Perouse Public School, Yarra Rd, La Perouse

**First Aid and CPR for Parents\*** is a one-off information session that will involve a discussion and demonstration of Cardio Pulmonary Resuscitation (CPR) and handling choking, drowning, accidental ingestions, sunburn, burns, scalds, bites and stings. While this is not an accredited course, it will provide basic essential first aid and CPR information.

**When:** Thursday 5 November, 10am-12pm

**Where:** Soldiers Settlement Public School, 29-39 Menin Rd, Matraville

**Stress Management\*\*** is a two hour stress management program for families where they will learn to reduce stress and strengthen family connection.

**When:** Wednesday 11 November, 10am-12pm

**Where:** La Perouse Public School, Yarra Rd, La Perouse

## We also run Playgroups!

**Transition to School Playgroup\*** is a supported playgroup for children starting school in 2016 and their parents specifically designed to help them prepare for school. The Playgroup includes fun and educational activities facilitated by an Early Childhood Educator, Family Support Worker with access to an Occupational Therapist and Speech Pathologist.

**When:** Mondays 10am – 11:30am during school term only

**Where:** Lifestart, Chifley Public School, Mitchell St, Chifley

**Multicultural Playgroup\*** is an open supported playgroup for 0-5 year old children and their parents.

**When:** Fridays 10am – 11:30am during school term only

**Where:** La Perouse Public School, Yarra Rd, La Perouse (enter via car park)

If you would like to register for any of these courses please call The Junction Neighbourhood Centre at 9349 8200 or send an email to [familysupport@jnc.org.au](mailto:familysupport@jnc.org.au).

\* These courses/playgroups are part of the South Randwick Community Hub Partnership with The Deli Women and Children's Centre and the South East Neighbourhood Centre and are funded by Families NSW. \*\* These courses are funded by Family and Community Services.

<sup>^</sup> This course is presented by the South Randwick Community Hub Partnership with additional funding from City Tattersalls Club.