2016 Community Health Centre Parenting Groups

Term 1

- Tuning Into Kids, St Marys Community Health Centre
  10:30 – 12:30 6 weekly sessions commencing Tuesday 16 Feb
- Positive Parenting Program (Triple P), Penrith Community Health Centre
  7pm – 9pm 6 weekly sessions commencing Wed 10 Feb
- Cool Kids Anxiety Group, Cranebrook Community Health Centre
  5pm to 6:30pm 8 weekly groups date TBA
- Enjoying Your Toddler, Katoomba Community Health Centre
  10am-12pm 5 weekly groups commencing 4 Feb

Term 2

- Positive Parenting Program (Triple P), St Marys
  10:30 – 12:30 6 weekly sessions Dates TBA
- Tuning Into Kids, Penrith Community Health Centre
  7pm – 9pm 6 weekly sessions commencing Tues 10 May
- Reparative Parenting Program, Cranebrook Community Health Centre
  10-12:30 9 weekly sessions commencing Tues 3 May

Term 3

- Positive Parenting Program (Triple P), Cranebrook Community Health Centre
  7pm – 9pm 6 weekly sessions commencing Tues 26 July
- Tuning Into Kids, Penrith or Cranebrook Community Health Centre
  7-9pm 6 weekly sessions commencing TBA
- Reparative Parenting Program, Cranebrook Community Health Centre
  7pm – 9pm 9 weekly sessions dates TBA
- Cool Kids Anxiety Group, Cranebrook Community Health Centre
  5pm to 6:30pm 8 weekly groups date TBA

Term 4

- Positive Parenting Program (Triple P), St Marys
  10:30 – 12:30 6 weekly sessions Dates TBA
- Tuning Into Kids, Penrith Community Health Centre
  7pm – 9pm 6 weekly sessions commencing Wed 19 Oct
- Enjoying Your Toddler, Katoomba Community Health Centre
  Dates TBA

Please refer by calling the Central Referral Service 1800 222 608

*Program changes are possible, please call your local Community Health Centre and ask for a counsellor with enquiries*
FUSION Western Sydney Youth & Community Centre
12 Carsons Lane, St Marys

Term 1, 2016: Feb 16, Feb 23, Mar 1, Mar 8. (9:15am-12.30pm)
Childcare available upon request

Course Fees: $70 pp / $40 pp Conc OR $90 Couple / $60 Couple Conc.

Presented by FUSION Western Sydney
Information Sallie Hammond
Phone (02) 8805 5900
Email sallie.hammond@fusion.org.au
www.fusiontraining.org.au
Term I, 2016

Workshops & Seminars

Parenting Courses

Hands, Hearts & Minds (Facebook)

Parenting in Penrith

www룹unocomunity.org.au
Respect Resilience. Reconciliation.

NCNS
Ngena Community & Neighbourhood Services
<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>ADHD Support Group</td>
<td>10am to 12pm</td>
<td>South Penticton Center Neighbourhood</td>
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<tr>
<td>ADHD Seminar</td>
<td>10am to 12pm</td>
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<tr>
<td>Anxiety Seminar</td>
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<td>ADHD Parent Support Group</td>
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**Special Time: 10am to 12pm**

**Daytime Only**

**Additional Information**

- **Parenting with ASD, ADHD, ODD**
  - For parents who have a child with a primary diagnosis of ASD, ADHD, ODD.
  - On Wednesdays.
  - For parents who want to know more about:
    - ADHD
    - ASD
    - ODD
  - A one-hour seminar on ASD—what it is, how to manage it, and questions and concerns.
  - A one-hour seminar on anxiety—what it is, how to cope with it, and questions and concerns.
  - A one-hour seminar on managing anxiety for children and teens.
  - For parents who want to know more about anxiety.

**Parenting**

- **Primary Care**
  - For patients of children aged (6-12) years.
  - On Tuesdays.
  - By appointment only.

- **Positive Parenting Program**
  - For parents of children with disabilities.
  - On Mondays.

**Stepping Stones**

- **Tribal Parenting Course**
  - For parents of children (2-12 years-old).
  - On Thursdays.

**Additional Information**

- **Parenting with specific needs:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

- **Parenting with behavior:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

- **Parenting with disability:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

**Additional Information**

- **Parenting with anxiety:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

- **Parenting with behavior:**
  - Individual sessions with our team to address specific needs.
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- **Parenting with disability:**
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**Additional Information**

- **Parenting with anxiety:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

- **Parenting with behavior:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.

- **Parenting with disability:**
  - Individual sessions with our team to address specific needs.
  - For parents of children with disabilities.
Stepping Stones Triple P Parenting Seminars Series
Helping Your Children Reach Their Potential

Is this you?
Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

What is a Stepping Stones Seminar?
Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It’s an informal presentation, a little like a public forum. There are three seminars that each last 2 hours and cover a different topic. We encourage parents to try to attend all three.

<table>
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<tr>
<th>Seminar Topic</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>Positive Parenting for Children with a Disability</td>
<td>22 February 2016</td>
<td>10am to 12pm</td>
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<tr>
<td>Helping your Child Reach their Potential</td>
<td>29 February 2016</td>
<td>10am to 12pm</td>
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<tr>
<td>Changing Problem Behaviour into Positive Behaviour</td>
<td>7 March 2016</td>
<td>10am to 12pm</td>
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Where: South Penrith Neighbourhood Centre, 3 Trent St, South Penrith
Cost: FREE – As this is part of a research project
Who: Any parent/caregiver of a child (2 to 12 years) with a disability
How: To register contact
Narelle Smith
Phone: 0409 986121 or 4721 8520
Email: Parenting@nepeancommunity.org.au

Nepean Community & Neighbourhood Services
NCNS
RESPECT. RESILIENCE. RECONCILIATION.
www.nepeancommunity.org.au