



# TERM 4 WORKSHOPS

Northern Beaches Family Support Services



## OCTOBER 19 WOMEN'S CIRCLE

Now is the time to relearn the art of gathering, connecting and relaxation. An intention to be present, mindful and to shape a way of being. 2 formats.

**5 weeks Face to Face** 10-12noon or **ZOOM** 6.30pm-8.30pm



## OCTOBER 19 TUNING INTO KIDS

A course for parents of 4 to 13 years old. This course provides strategies to build emotional intelligence in children, so they can talk and manage strong emotions.

**6 weeks starting Mon Oct 19 10am - 11.30am via ZOOM**



## OCTOBER 20 CIRCLE OF SECURITY

This parenting session is an early intervention, relationship program designed to enhance attachment between parents and children. Aimed at babies and preschoolers. Zoom may be required due to COVID.

**7 weeks on Tuesdays 10am - 12pm**



## NOVEMBER 10 COOL TOOLS

Practical skills workshop that helps parents to explore ways to keep a cool head when parenting. Provides education about why we find it difficult to control our emotions and will provide practical strategies to help

**ZOOM ONLY 2 hour workshop 10am - 12pm**



## NOVEMBER 30 COOL TOOLS

A practical skills workshop that provides education about why we sometimes find it difficult to control our emotions and offers strategies for parents to use immediately.

Face to Face session in Dee Why  
**2 hour workshop 10am - 12pm**



## SUPPORTED PLAYGROUP

- A playgroup for parents and children under school age emphasising the importance of play in a child's development.
- Every Weds from 10am to 11am.
- Call 9971 4499 or email [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)

Free childcare spots are available for face to face workshops but MUST be booked in advance on 9971 4499 or [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)

