

# NORTHERN BEACHES FAMILY SUPPORT SERVICE

## PROGRAMS FOR TERM 1, 2021

**CIRCLE OF SECURITY** – this parenting program is an evidence based, “attachment and relationship” parenting program, designed to build secure attachment between parents/caregivers and children. Aimed at parents of babies and pre-schoolers. (“Mum’s to be” are also welcome). **This free program runs 7 weeks, on site starts Tuesday 9<sup>th</sup> February, 10am to 12pm. Limited spots for free childcare are available but must be booked in advance. To enrol for this parenting group, please call 9971 4499 or email our service at [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)**



**9 FEBRUARY TO 23 MARCH**

**TUNING IN TO KIDS** – an evidence based, parenting program for those parents who want to learn how to talk about emotions with their family. Aimed at parents of children aged 4 – 13 yrs old, the free program provides strategies on how to help manage big emotions such as anxiety or anger, includes building emotional intelligence within your children, strategies from Dr Siegal and handouts provided from Melbourne University. **This program runs for 6 weeks on site, starts Monday 1<sup>st</sup> March, 10am – 11.30am. Limited spots for free childcare area available, but must be booked in advance. To enrol please contact 9971 4499 or [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)**



**1<sup>st</sup> MARCH TO 5 APRIL**

**WOMEN’S CIRCLE** - This women’s group is about coming together, connecting, having intentional time for relaxation in which we enhance our self-care and care for our families. We gather to share stories, deepen our identities, both individually and in a group. It is a time to come together to nourish each other, to listen and to elevate each other as women. **The free program will run for five weeks starting Monday 8<sup>th</sup> February. We offer two different formats: Face to face with free childcare, (which must be booked in advance) 10am to 12pm; or ZOOM evening program 6.30pm to 8pm. You will need a laptop or smart phone to join the evening program. To enrol in either program, please contact 9971 4499 or [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)**



**8 FEBRUARY TO 8 MARCH**



Supporting women  
when they need it most.

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**“CALMER PARENTING” WORKSHOP** - Join our practical skills workshop and learn about how to keep a ‘cool head’ when parenting. The 2 hour, free workshop provides psycho-education about why we sometimes find it difficult to control our emotions and offers strategies for parents to use immediately. When we can parent more calmly, our children’s behaviour improves and we enjoy better family dynamics. This popular workshop is on Tuesday 30<sup>th</sup> March, running from 10am – 12pm **Limited spots for free childcare are available but must be booked in advance. To enrol please contact 9971 4499 or email our service admin@mwwrc.org.au**



**30 MARCH**

**SUPPORTED PLAYGROUP RUN BY INTEGRICARE** – A playgroup for parents and children under school age, emphasising the importance of play in a child’s development. The parenting needs of Mums and carers can also be addressed and friendships and informal links with the community are built at the playgroup. Each week there are activities including craft, a morning tea and story time. **The playgroup is run by qualified staff and runs every Wednesday 10am – 12pm. Please ring our service for further information on 9971 4499 or drop in informally on the day, to meet the team.**



**DURING SCHOOL TERM TIME**

**CREATIVE PLAY PROGRAM** - A three-week series of free parent & child play groups, where you will be given the opportunity to learn together and play together. Each week mums will be introduced to new ideas on how to spend quality time with their children, encourage positive interactions, build strong connections and most importantly, have FUN! **Starts Thursday 11 February. To enrol please contact 9971 4499 or email our service admin@mwwrc.org.au**



**11 FEBRUARY TO 25 FEBRUARY**

**Please note, we ask that all children are fully immunised, who come on site to our playgroups and childcare.**



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