

## PLAYGROUPS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p><b>ACT Playgroup Association Inc.</b> A community self - help organisation, which provides support and resources for playgroups in Canberra and outlying areas. For children from zero to five years and their parents or carers.</p>	<p>ACT Playgroups Playgroups run independently throughout ACT and outlying areas every day Office Hours: School terms Mon – Fri 9.30am – 2.30pm</p>	<p>Minimal cost ACT Playgroups  Ph: 1800 171 882 or 6251 0261 Fax: 6251 9887 <a href="mailto:playgroupsact@ixa.net.au">playgroupsact@ixa.net.au</a></p>
<p><b>Australian Breastfeeding Association Playgroups</b> All families with children from newborns to school age are welcome at ABA playgroups. Play with your child and meet other parents. Supported by the ACT Government.</p>	<p>Torrens Community Centre, Torrens Westminster Presbyterian Church Hall, Cook  Fortnightly on Mondays 10am – 12pm During school terms. Contact the office for details.</p>	<p>First two meetings free (further meetings free to ABA subscribers)  Australian Breastfeeding Association ACT / SNSW Ph: 02 6162 2716</p>
<p><b>Australian Breastfeeding Association Multiple Birth Playgroup</b> A friendly, supportive playgroup for parents with multiples and their siblings, including expectant parents. Supported by the ACT Government.</p>	<p>ABA Branch Office, Chifley Health &amp; Wellbeing Hub, Maclaurin Cr, Chifley  Bimonthly playgroup on Fridays 11am – 1pm  Contact office for dates.</p>	<p>First two meetings free (further meetings free to ABA subscribers)  Australian Breastfeeding Association ACT / SNSW Ph: 02 6162 2716</p>
<p><b>Paint and Play Weston</b> A fun time for children under five and their mums, dads or carers. Painting, craft, singing, stories and more. No bookings required. Not held during wet weather.</p>	<p>Weston Community Hub Formerly Weston Primary School Parking off Hilder St  Wednesdays 9.30 – 11am During school terms</p>	<p>Free Donations welcome  Communit@Work Sue Galea Ph: 6126 9000</p>
<p><b>My Time Playgroup; for Children with Chronic Illness or Disability</b> Gives parents or carers a chance to socialise and share ideas with others who understand the rewards and intensity of the caring role. Facilitated by ACT Playgroups Development and Support Workers.</p>	<p>West Belconnen Child and Family Centre  Thursdays – 10am 12noon  Gungahlin Child and Family Centre Wednesdays 10 – 11.30am  Morning tea provided</p>	<p>Free  ACT Playgroups Debra Ph: 1800 171 882 <a href="mailto:playgroupsact@ixa.net.au">playgroupsact@ixa.net.au</a></p>

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<b>Play-connect</b> Families with a child zero to six years, with Autism Spectrum Disorder (ASD) or ASD like symptoms are welcome to join a Play-connect playgroup. Your child does not need an ASD diagnosis to join.	Therapy ACT, Holder Tuesdays 9.45 – 11.45am  Giralang AIU Wednesdays 9.30 – 11.30am  Tuggeranong Child and Family Centre Tuesdays 11am – 1pm	Free ACT Playgroups Debra or Kate Ph: 1800 171 882 <a href="mailto:playgroupsact@ixa.net.au">playgroupsact@ixa.net.au</a>
<b>Story time at the Public Libraries</b> Stories and fun for pre-school aged children. All welcome, no booking required.	Held at various libraries Ring for dates and times	Free ACT Public Library Ph: 6205 9000 <a href="mailto:library.customerinfo@act.gov.au">library.customerinfo@act.gov.au</a> <a href="http://www.library.act.gov.au">www.library.act.gov.au</a>
<b>Play and Learn</b> A facilitated playgroup for parents and carers with children aged zero to five years. Special needs support available.	Noah's Ark Resource Centre Bangalay Cres, Rivett Mon – Fri 10am – 12 noon	Fee for service Noah's Ark Resource Centre Margaret Senior Brendan Willmot Ph: 6287 1117
<b>Learn Giggle and Grow</b> Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent child relationship and help parents to build confidence.	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin  Monday mornings during School terms Times TBA	Free Gungahlin Child and Family Centre  Intake Ph: 6207 0120
<b>Atfaal Playgroup</b> A playgroup for Muslim families with children under the age of four living in Gungahlin. The group aims to build links with the community and improve access to parenting information and services	Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin  Tuesday mornings 10am – 12noon during school terms	Free Gungahlin Child and Family Centre  Intake Ph: 6207 0120
<b>Paint and Play - Ngunnawal</b> A fun outdoor time for children zero to five years to paint, do puzzles and play games. Play with your child and meet other mums and dads. Just turn up.	Ngunnawal - Platypus Park Crn Paul Coe and Riley St  Tuesdays 9.45 – 11am Week 2 – 9 school terms	Free  Gungahlin Child and Family Centre  Intake Ph: 6207 0120

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<p><b>Playing together – Special needs Playgroup – Gungahlin</b></p> <p>A play group for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. This play group provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Gungahlin Child and Family Centre and Playgroups ACT.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Wednesdays 10am – 12noon during school terms</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Welcome to Gungahlin</b></p> <p>For all families new to the Gungahlin area to meet other families and find out about the range of services available in the community. Runs over three, two hour sessions.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Women's Yarning Group</b></p> <p>A group for Aboriginal and Torres Strait Islander women and children under the age of 5. An opportunity for women to discover new things about themselves and each other, whilst the children have fun playing together. The group focuses on encouraging women to set goals for themselves and help them to achieve these. Activities taken place have included sewing, print making and first aid training. Guest speakers have also been invited to discuss topics relevant to the women.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Playing Together - Tuggeranong</b></p> <p>A playgroup for families who have a child under the age of five years, with a disability, developmental delay or chronic medical condition. Siblings under five years welcome. Provides an opportunity to meet with other parents and have fun with your children. Guest speakers attend at times to speak on topics relevant to those attending. Facilitated by Playgroups ACT and Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Fridays 9am – 11am</p> <p>During school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p><b>Paint and Play - Richardson and Kambah</b></p> <p>A fun time for children under five - painting, puzzles and games. Play with your child and meet other mums and dads. No booking required.</p>	<p>Richardson Park, Chauncy Cres</p> <p>Kambah, Adventure Playground, Springbett St</p> <p>Alternate Fridays 10 – 11.15am</p> <p>During school terms</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Ph: 6207 8228</p>

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<p><b>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young</b></p> <p>A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For parents with mental health issues. Facilitated by Tuggeranong Child and Family Centre.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Tuesday mornings during school terms Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p><b>Learn, Giggle and Grow</b></p> <p>Parents and children have the opportunity to interact and play in a safe and supported environment. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help parents build confidence.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Wednesday mornings during school terms Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p><b>Multicultural Playgroup</b></p> <p>Aims to assist multicultural families (with children from birth to five years) from the Tuggeranong area to settle into the community by providing them with a variety of support services. Also aims to support families by nurturing their child's development through play. Facilitated by Tuggeranong Child and Family Centre and Multicultural Youth Service.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Thursday mornings during school terms Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p><b>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young</b></p> <p>A supported playgroup where you can meet other parents and share experiences while having fun playing with your children. For mums and dads with mental health issues.</p>	<p>Venue TBA Tuesdays 10 – 11.30am</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>
<p><b>Paint and Play – Florey</b></p> <p>A fun time for children under five and their mums, dads, or carers. Painting, puzzles, craft and music. Play with your child and meet other parents in your neighbourhood.</p>	<p>Florey Primary School, Ratcliffe Cres, Florey</p> <p>Fridays 9.15 – 10.30am</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>
<p><b>Early Links to Learning Playgroup</b></p> <p>A playgroup that focuses on promoting early literacy and numeracy skills in a fun and age appropriate way.</p>	<p>Mt Rogers Primary School Alfred Hill Dr, Melba Tuesdays 9.15 – 10.30am</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>
<p><b>Learn Giggle and Grow</b></p> <p>A facilitated playgroup for families who would not normally attend playgroup due to family stresses. The emphasis is on encouraging parents to engage with their children in play, enrich the parent-child relationship and help build parent confidence.</p>	<p>Venue, dates and times TBA</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>

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<b>CARMBA's Multiplay</b> A playgroup for multiples and siblings.	Lechworth Venue, dates and times TBA	Free Canberra and Region Multiple Birth Association Ph: 0411 883 844 multiplay@carmba.org. au
<b>Barnardos Young Mum's Group</b> A support group for young mothers and their children. Free lunch provided. Run by Schools as Communities and Barnardos.	SACC Centre Queanbeyan Primary School, Isabella St  Wednesdays 12.30 – 2.30pm During school terms	Free Queanbeyan Barnardos Ph: 6124 3800 Schools as Communities Maureen Ph: 6297 2167
<b>ACT Playgroup for Parents 25 Years and Under</b> A social arena for parents and their young children to informally meet other young parents and their children. Morning tea provided.	Youth in the City level 1 Cnr Scotts Crossing & Cooyong St, Civic Dates and times TBA	Free Youth in the City Emma Ph: 6232 2411 <a href="mailto:youth@anglicarecg.org.au">youth@anglicarecg.org.au</a>
<b>Chisholm Super Kids</b> For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Chisholm Community Centre Wednesdays 9.30 – 11.30am	Tuggeranong Link Ph: 6292 1604
<b>Klub Bub</b> For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Chisholm Community Centre Fridays 10am – 12 noon	Tuggeranong Link Ph: 6292 1604
<b>Richardson Playgroup and Music Monkeys</b> For mums and dads with children zero to five years. Relaxed and friendly atmosphere.	Richardson Community House Wednesdays 10 – 11.30am	Tuggeranong Link Ph: 6292 1604
<b>Playschool</b> A fun program for three to five year olds, stimulating activities and socialisation. Assists child in preparing for preschool.	Offered at Gilmore, Conder and Isabella Plains Community Houses Dates and times TBA Sessions usually 3 – 4 hrs long During school terms	Term fee (may be paid in instalments) Tuggeranong Link Ph: 6292 1604
<b>Playschool</b> A fun program for three to four and a half year olds to foster their development skills through a play-based program. Assists children in preparing for school.	Noah's Ark at Rivett, Giralang, Jerrabomberra and Letchworth playschool sites Mon - Fri 9.30am – 1.30pm	Term fee Noah's Ark Resource Centre Jen Brennan Ph: 6287 1117

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<b>Move and Groove</b> A fun music movement and play program for children and their families. Learn new songs and musical games. Play lots of colourful instruments with your children. Make new friends. Learn about child development and messy play. Bring a piece of fruit to share. Bookings essential.	Lyons Early Childhood School, Ulverstone St, Lyons  Dates and Times TBA During school terms	Free  Woden Community Service Rebecca Ph: 6234 6836  Lyons Early childhood School Sally Carter Ph: 6205 5700
<b>Paint and Play Lyons</b> An outdoor playgroup for children zero to five years and their families. Community organisations set up activities such as play-dough, bubbles, chalk drawing, easel painting, pasting, stories and songs. This is a partnership between YMCA Canberra, Lyons Early Childhood School, Noah's Art, Woden Community Service and the Smith Family.	Lyons Early Childhood School, Ulverstone St , Lyons  Tuesdays 9.30 – 11.00am  During school terms	Free  YMCA of Canberra Ph: 6251 1683  Lyons Early childhood School Sally Carter Ph: 6205 5700  <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Mums and Bubs Fitness Class</b> Specialised fitness program to help mums get into shape with no extra childcare cost. Breastfeeding mums are welcome.	YMCA Chifley Health & Fitness Centre, Cnr Eggleston & Maclaurin Cres, Chifley  Fridays 10.45 – 11.45am	<b>Casual visits or membership options available</b> YMCA of Canberra Ph: 6281 0124 <a href="mailto:Yfitness.can@ymca.org.au">Yfitness.can@ymca.org.au</a>  <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Baby Play (3 month-1Yr)</b> A fun program designed to enhance baby development and nurture parent child relationships. Includes singing, dancing, rhyming, rolling, tummy play and relaxation.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie  Dates and times TBA	\$160 for 10 weeks  YMCA of Canberra Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Play Gym (1-2yrs)</b> Fun world of equipment and activities. Bounce on trampolines, crawl through tunnels, roll on bolsters, climb a rock wall and learn new songs and games.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie  Dates and times TBA	\$160 for 10 weeks  YMCA of Canberra Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Kindy Gym (2-3 &amp; 3-5yrs)</b> Unique adventure based themed program where children experience an exciting adventure each fortnight. Fun, interactive and exploratory play. Great for social and physical development.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie  Dates and times TBA	\$160 for 10 weeks  YMCA of Canberra Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>

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<b>YMCA Fun Gym (2-5yrs)</b> Based on the Kindy Gym program, but modified for a broader age range. Ideal for siblings with different ages able to attend together.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie  <b>Dates and times TBA</b>	\$160 for 10 weeks  YMCA of Canberra Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Junior fit (4-7yrs)</b> Designed to build strength, agility and coordination while promote healthy living habits. Exercise is fun when incorporated with specially designed exercise equipment for children.	YMCA Early Learning Centre, Jamison Bowman St, Macquarie  <b>Dates and times TBA</b>	\$160 for 10 weeks  YMCA of Canberra Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>Kindy Gym</b> These session develop your children's physical skills such as balance, coordination and special awareness, as well as their social/emotional development, e.g. sharing, turn-taking, following directions and confidence.	School as Community Centres Queanbeyan Mondays 10am 3 – 4 yrs 10.45 am 4 – 5 yrs 11.30 special needs session	\$2 per child Annette Mob: 0417 677 419
<b>Young Mums Playgroup</b> A playgroup for young mums to provide an opportunity to informally meet with their children.	School as Community Centres Queanbeyan Wednesdays 12.30pm	\$2 per child Annette Mob: 0417 677 419
<b>Playgroups</b>	School as Community Centres Queanbeyan Tues and Wed 9.30 – 11.30 am	\$2 per child Annette Mob: 0417 677 419
<b>Transition to School Playschool</b>	School as Community Centres Queanbeyan Thursdays 3 – 4 yrs Fridays 4 – 5 yrs 9.30 – 11.30am	\$2 per child Annette Mob: 0417 677 419