

## PARENT SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>PANDSI Partner's Evening Information Sessions</b> A group session focussing on wellbeing and how to support a partner experiencing post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder  Quarterly dates and times TBA	Free  PANDSI  Ph: 6288 1936 <a href="mailto:services@pandsi.org">services@pandsi.org</a> <a href="http://www.pandsi.org">www.pandsi.org</a>
<b>PANDSI PUMP (Promoting Ultimate Maternal Potential)</b> A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder  Kippax Uniting Care Church, Holt  Dates and times TBA	Free  PANDSI  Ph: 6288 1936 <a href="mailto:services@pandsi.org">services@pandsi.org</a> <a href="http://www.pandsi.org">www.pandsi.org</a>
<b>PANDSI Weekly Day Support Group</b> This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder  Wednesdays 10am  During school terms	Free  PANDSI  Ph: 6288 1936 <a href="mailto:services@pandsi.org">services@pandsi.org</a> <a href="http://www.pandsi.org">www.pandsi.org</a>
<b>PANDSI Pram Walking Group</b> A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues  Tuesdays 9.30am  During school terms	Free  PANDSI  Ph: 6288 1936 <a href="mailto:services@pandsi.org">services@pandsi.org</a> <a href="http://www.pandsi.org">www.pandsi.org</a>
<b>Weston Pram Pushers</b> Mums, dads, grandparents and carers all welcome to meet with their children for a walk and play. Bring walking shoes, hat drink bottle and sunscreen. Join us for a cuppa after the walk.	Centre Court, Cooleman Court, Weston  Mondays 10am – 12noon	Free  Communités@Work Sue Galea Ph: 6126 9000
<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.	Weston Community Hub Formerly Weston Primary School Parking off Hilder St  Wednesdays 9.30am – 11am During school terms	Free Donations welcome  Communités@Work Sue Galea Ph: 6126 9000
<b>Parent Group</b> Supporting parents who have children who are survivors of child sexual abuse.	The Canberra Rape Crisis Centre  Thursdays 3 May 4.30 – 6.30pm	Free Canberra Rape Crisis Centre  Ph: 6247 2525

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<p><b>Relaxing Into Parenting and Baby Makes Three; A group about parenting and relationships for first time parents.</b></p> <p>Recognising the tremendous change couples face when having their first child, Relationships Australia in partnership with the Child and Family Centres offers a course for couples that builds on and strengthens relationships during this important and exciting time.</p>	<p>Tuggeranong, Gungahlin and West Belconnen Child and Family Centres</p> <p>Jan, Mar and May Dates and times TBA</p> <p>Bookings essential</p>	<p>Free</p> <p>Relationships Australia Regional Child and Family Centres</p> <p>Tuggeranong Ph: 6207 8228</p> <p>Gungahlin Ph: 6207 0120</p> <p>West Belconnen Ph: 6205 2904</p> <p><a href="mailto:enquiries@car.relationships.com.au">enquiries@car.relationships.com.au</a></p>
<p><b>Co - parenting After Separation</b></p> <p>This 3 week program helps participants deal with the challenges of parenting after separating. It examines ways to take you forward into a constructive parenting relationship benefiting yourself and your children. Topics include, but are not limited to, the experience for children of separated parents, transitions from one home to two and managing conflict and communication.</p>	<p>Relationships Australia, 15 Napier Close, Deakin</p> <p><b>Term 1:</b> 3, 14 and 28 March</p> <p><b>Term 2:</b> 26, 30 May and 6 June</p> <p>Times TBA Bookings essential</p>	<p>\$80 per person</p> <p>Relationships Australia</p> <p>Ph: 6122 7100 <a href="mailto:enquiries@car.relationships.com.au">enquiries@car.relationships.com.au</a></p>
<p><b>SoSAFE! Training</b></p> <p>Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum Disorder.</p>	<p>Venue, date and time TBA Please check website</p>	<p>\$255 includes SoSAFE! Manual</p> <p>Sexual Health and Family Planning Disability Team Ph: 6247 3077 <a href="http://www.shfpact.org.au">www.shfpact.org.au</a></p>
<p><b>Expectant and New Parents' Information Session</b></p> <p>New and expectant parents of multiples are invited to attend a free information session to learn more about life with multiple birth children. This is a service Canberra and Region Multiple Birth Association (CARMBA) provides to the community thus membership is not required to attend the event. Topics for discussion include the unique features of pregnancy, birth and breastfeeding multiples.</p>	<p>Calvary Hospital, Education Room, Maternity Floor</p> <p>First Monday of every second month. Call for dates</p> <p>7pm</p>	<p>Free</p> <p>Canberra and Region Multiple Birth Association</p> <p>Ph: 0411 883 844</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 <a href="mailto:multiplay@carmba.org.au">multiplay@carmba.org.au</a>
<b>YMCA Playschool</b> A fun early childhood program for 3-5 year olds. The program provides opportunities for learning and development while promoting independence.	Venues, dates and times TBA  Gungahlin area	\$279 for 10 weeks  YMCA Child and Family Centre  Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>YMCA Rhyming Connections Program</b> A fun and engaging Parent Child Mother Goose Program for first time parents with children aged 0-1 years. An excellent social activity for both you and your child. Enjoy learning songs, rhymes and stories together.	Venue, dates and times TBA  Two locations: Gungahlin and Belconnen	Free  YMCA Child and Family Centre  Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>Paint and Play (0-5yrs)</b> An outdoor playgroup operating during school terms. Community organisations set up activities such as play-dough, bubbles, chalk drawing, easel painting, pasting, stories and songs.	YMCA and Lyons Early Childhood School Paint and Play Ulverstone St - parking available in Tooms Place and walk across oval Tuesdays 9.30 – 11.00am  Paint and Play at Wakefield Gardens, Ainslie Wednesdays 9.30 – 11.00 am  During school terms	Free  YMCA Child and Family Centre  Ph: 6251 1683 <a href="http://www.canberra.ymca.org.au">www.canberra.ymca.org.au</a>
<b>Maysoon</b> An eight session course for women with alcohol and/or other drug issues who also have children. Sessions include: self esteem, goals, confidence and pampering. A healthy lunch and free onsite childcare is provided.	Directions ACT 1 Bradley St, Woden (next to bus interchange)  Dates and times TBA	Free  Directions ACT  Bec Davies Ph: 6122 8000

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<p><b>Parent Effectiveness Training (P.E.T.)</b> P.E.T. is an experiential, skills based course, teaching effective communication skills between children and parents, based on mutual respect. P.E.T. does not use rewards and punishment. Instead, it promotes consideration, resilience and emotional intelligence. Parents find they yell less and enjoy their children more.</p>	Venues, dates and times TBA	Cost TBA  ParentLine Ph: 6287 3833
<p><b>Mpower Strikers</b> Mpower Strikers is a four term program for 3 and 4 year olds including those with special needs that develops fundamental movement and perceptual motor skills through a variety of fun games and activities. These activities are conducted with the aim of facilitating carer/child interaction, whilst developing basic soccer skills.</p>	Mpowerdome 56 Coyne St, Fadden  Dates and Times TBA	\$128.25 - \$139.50 per term  Mpowerdome Ph: 6298 5500 <a href="http://www.mpowerdome.com.au">www.mpowerdome.com.au</a>
<p><b>Parents, Tinies and Toddlers</b> Fun and creative dance class for mums and/or dads and their small children under four years.</p>	St Margaret's Uniting Church Hall Cnr Antill and Phillip Ave, Hackett  Commences 7 Feb, 10am During school terms  Start at any time during the term	\$10 per family Canberra Dance Theatre Ph: 0435 025 365 <a href="mailto:info@canberrdancetheatre.org">info@canberrdancetheatre.org</a> <a href="http://www.canberradancetheatre.org">www.canberradancetheatre.org</a>
<p><b>Parenting for Positive Relationships</b> A six session group for mums wanting to strengthen their relationship with their children and other family members. Topics include: the nature of relationships, strengthening interactions with children and the basis for good communication. Lunch included. Assistance with transport and childcare available if needed.</p>	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Dates and Times TBA Bookings essential	\$60 \$30 concession  Family Skills Program Mary Ford Ph: 6162 5800 <a href="mailto:mary.ford@marymead.org.au">mary.ford@marymead.org.au</a>
<p><b>Parenting for Positive Behaviours</b> A six session group for mums wanting to strengthen their skills to encourage positive behaviour in their children. Topics include: the causes of problem behaviour, changing behaviour, encouraging desirable behaviour and managing inappropriate behaviour. Lunch included. Assistance with transport and childcare available if needed.</p>	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Dates and Times TBA  Bookings essential	\$60 \$20 concession  Family Skills Program Mary Ford Ph: 6162 5800 <a href="mailto:mary.ford@marymead.org.au">mary.ford@marymead.org.au</a>
<p><b>Self-Care for Mums</b> A four session group for mums who have a busy life and find little time for themselves. The program looks at practical ideas for self care and making 'time for you' a habit. Lunch included. Assistance with transport and childcare available if needed.</p>	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Dates and Times TBA  Bookings essential	\$40 \$20 concession  Family Skills Program Mary Ford Ph: 6162 5800 <a href="mailto:mary.ford@marymead.org.au">mary.ford@marymead.org.au</a>

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<b>Parenting Skills for Couples</b> A four-session group for couples who want to improve their parenting skills, and who want to learn how to work together as a team.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Wednesdays 14 Mar – 4 Apr 6 – 9pm Bookings essential Dinner provided	\$40 \$20 concession Per couple  Terry Norman Ph: 6162 5800
<b>Circle of Security</b> An eight-session group for couples and single parents who want to improve their parenting skill, and learn how to read their child's emotional state.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Thursdays 12 Apr – 5 May 6 – 9pm Bookings essential Dinner provided	\$40 \$20 concession Per couple  Terry Norman Ph: 6162 5800
<b>Engaging Adolescents</b> A course for couples which addresses the particular challenges of engaging with adolescents.	Marymead Child and Family Centre 255 Goyder St, Narrabundah  Dates and Times TBA	\$40 \$20 concession Per couple Marymead Child and Family Centre Terry Norman Ph: 6162 5851
<b>Stressed Out Sisters</b> Enjoy some grown up time for yourself with our health and craft group while we keep an eye on your children.	BCS Kippax Office Meeting room 1 Kippax Health Centre  Wednesday 9am – 12noon	Free Belconnen Community Service Helen Ph: 6278 4175
<b>Majura Women's Group</b> A self- run organisation for women, at home with young children, to meet and participate in stimulating and creative activities. Low cost, high quality childcare available.	Downer Community Centre, Frencham Pl, Downer  Wednesdays 9.30am – 12noon During school terms	\$5 membership Gold coin donation for childcare. Majura Women's Group Geraldine Ph: 6161 7156 <a href="mailto:majurawomensgroup@gmail.com">majurawomensgroup@gmail.com</a> <a href="http://www.majurawomensgroup.net">www.majurawomensgroup.net</a>
<b>Brindabella Women's Group</b> A self - run community group providing an opportunity for women at home with young children to meet regularly, exchange information and learn new skills. Holds discussion mornings and creative sessions. New members and visitors always welcome.	Chisholm Community Centre 15 - 19 Halley St, Chisholm  Tuesdays 9.30am – 12.30pm during school terms	\$5 voluntary donation per session. \$1 annual membership Brindabella Women's Group Binanca Ph: 6288 4539 <a href="mailto:brindabellawg@yahoo.com.au">brindabellawg@yahoo.com.au</a> <a href="http://www.brindabellawomensgroup.org">www.brindabellawomensgroup.org</a>

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<p><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.</p>	<p>SACC Centre Queanbeyan Primary School, Isabella St</p> <p>Wednesdays 12.30 – 2.30pm During school terms</p>	<p>Free</p> <p>Queanbeyan Barnardos Ph: 6124 3800</p> <p>Schools as Communities</p> <p>Ph: 6297 2167</p>
<p><b>Barnardos Mentoring and Tutoring Program - Training</b> This program matches children aged 6 -16 with volunteer mentors for friendship and/or educational activities. Volunteers receive initial and ongoing training and support. Requires a twelve month commitment involving 3 - 5 hrs per week friendship and 1 - 2 hrs per week mentoring/tutoring.</p>	<p>Barnardos Queanbeyan 24 Thornton Rd Queanbeyan and</p> <p>Barnardos Canberra 2 Atherton St Downer</p> <p>Dates and times TBA</p>	<p>Free training</p> <p>Barnardos Queanbeyan Ph: 6124 3800 <a href="mailto:kfgbyn@barnardos.org.au">kfgbyn@barnardos.org.au</a></p> <p>Barnardos Canberra Ph: 6228 9500</p>
<p><b>Barnardos – Kids in Focus Program</b> The program provides a range of intensive interventions for children and families where there is drug and/or alcohol misuse. The program identifies and addresses both the needs of the parents and their children. The program meets the needs of the Parenting Under Pressure model. Funded by FaHCSIA.</p>	<p>Venue and dates and times TBA</p>	<p>Free</p> <p>Barnardos, Canberra Meg Fitzgerald Ph: 6228 9541 or 0447 286 236 <a href="mailto:mfitzgerald@barnardos.org.au">mfitzgerald@barnardos.org.au</a></p>
<p><b>STEPS Program</b> The STEPS program aims to educate and support young pregnant and parenting women (13-25) to enhance their health and well-being. The program provides information and support through a series of weekly workshops on: Community and Social Connections, Health and Well-being, Positive Parenting and Healthy Relationships. STEPS can provide additional support through case management.</p>	<p>YMCA MURA Lanyon Youth and Community Centre</p> <p>Commencing 7 Feb</p> <p>Tuesdays 10.30am – 2pm</p> <p>Free lunch and childcare Transport provided on needs basis.</p>	<p>Free</p> <p>YWCA of Canberra</p> <p>Claudia – Mon -Thu Ph: 6294 4633 0417 459 297 <a href="mailto:claudia.lopez@ywca-canberra.org.au">claudia.lopez@ywca-canberra.org.au</a></p>
<p><b>Grand Jugglers</b> Canberra Mothercraft Society and Warehouse Circus offer a circus skills program for children being parented by Grandparents or children who are in Kinship Care. Children must be 8 years of age or over. Grand Jugglers is free to eligible families.</p>	<p>Warehouse Circus Chifley Health and Wellbeing Hub 1 Maclauren Cres, Chifley</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Canberra Mothercraft Society Emma Ph: 6205 2333</p> <p>Warehouse Circus Andy Ph: 6260 3626</p>

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<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 to build confidence.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Monday mornings during School terms Times TBA</p>	<p>Free Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Atfaal Playgroup</b></p> <p>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.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Tuesday mornings 10am – 12noon during school terms</p>	<p>Free Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Paint and Play - Ngunnawal</b></p> <p>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.</p>	<p>Ngunnawal - Platypus Park Cnr Paul Coe and Riley St Tuesdays 9.45 – 11am Week 2 – 9 school terms</p>	<p>Free Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<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 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 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 Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>

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<p><b>Triple P - Positive Parenting Program</b> A program that aims to strengthen relationships between dads, mums and their children in the Gungahlin community. Learn and practice positive behaviour management strategies.</p>	<p>Gungahlin Child and Family Centre May also be held at local primary schools</p> <p>Dates and times TBA</p>	<p>Free Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Growing Healthy Families - Gungahlin</b> A range of programs and supports for Aboriginal and Torres Strait Islander families with young children.</p>	<p>Child and Family Centre Cnr Ernest Cavanagh Street and Gungahlin Place, Gungahlin</p> <p>Dates and times TBA</p>	<p>Free Gungahlin Child and Family Centre</p> <p>Intake Ph: 6207 0120</p>
<p><b>Growing Healthy Families - Tuggeranong</b> Range of programs and supports for Aboriginal and Torres Strait Islander families with young children.</p>	<p>Tuggeranong Child and Family Centre</p> <p>Dates and times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p><b>Playing Together - Tuggeranong</b> 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 9 – 11am during school terms</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p><b>Paint and Play - Richardson and Kambah</b> 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 Alternate Fridays 10 – 11.15am During school terms</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Ph: 6207 8228</p>
<p><b>Poppy Playgroup Parent's Opportunity to Participate in Play with their Young</b> 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 term Times TBA</p>	<p>Free Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>

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<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</p> <p>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</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake 6207 8228</p>
<p><b>Welcome to Tuggeranong</b></p> <p>For all families new to the Tuggeranong area to meet other families and find out about the range of services available in the community.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre</p> <p>Dates and Times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Worker Ph: 6207 8228</p>
<p><b>Triple P - Positive Parenting Program Tuggeranong</b></p> <p>A program that aims to strengthen relationships between dads, mums and their children in the Tuggeranong community. Learn and practice positive behaviour management strategies.</p>	<p>Tuggeranong Child and Family Centre, 159 Anketell St, Tuggeranong Town Centre May also be held at local primary schools</p> <p>Dates and times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p><b>Best Foot forward - Tuggeranong</b></p> <p>A four session course about guiding your young child's behaviour and day to day challenges for parents. The course aims to strengthen parent's skills in building better relationships with their children.</p>	<p>Venue, dates and times TBA</p>	<p>Free</p> <p>Tuggeranong Child and Family Centre</p> <p>Intake Ph: 6207 8228</p>
<p><b>Triple P - Positive Parenting Program West Belconnen</b></p> <p>A parenting group that aims to strengthen relationships between dads, mums and their children. Learn and practice positive behaviour management.</p>	<p>West Belconnen Child and Family Centre Cnr Starke and Luke St's, Holt</p> <p>Dates and times TBA</p>	<p>Free</p> <p>West Belconnen Child and Family Centre</p> <p>Intake Ph: 6205 2904</p>

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<p><b>Lifestyle Triple P</b></p> <p>A group for parents of children aged five to ten years who would like to improve their children's nutritional intake and physical activity. This program can help parents learn about healthy food choices for their kids. Groups are friendly and you can join in as much or as little as you want. You can choose ideas that might be helpful to your family and then try them out at home.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p><b>Best Foot forward</b></p> <p>A four session course about guiding your young child's behaviour and day to day challenges for parents.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p><b>Topical Talks</b></p> <p>Information sessions for groups of parents on topics such as: practical behaviour tips, toilet training, play to learn and dental health.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904
<p><b>Relaxing into Parenting</b></p> <p>Canberra Mothercraft Society and CSD Child and Family Centres are conducting Relaxing into Parenting Program, involving five prenatal and two postnatal sessions. The sessions will assist expectant parents to: ease the adjustment of becoming parents and learn effective strategies to deal with the stressors in early parenting, strengthen relationships in the family at this time of major change and challenges, help new parents get to know their baby and feel more confident to respond to their needs in a sensitive and timely manner, create support networks and know where to get help when they need it.</p>	Venue, dates and times TBA	Free Tuggeranong Child and Family Centre Marian Dominick Ph: 6207 8229  Gungahlin Child and Family Centre Siobhan Tunks Ph: 6207 0120  West Belconnen Child and Family Centre Shona Chapman Ph: 6205 2904  Canberra Mothercraft Society Emma Baldock Ph:6205 2333
<p><b>Growing Healthy Families – Indigenous Parenting Support service</b></p> <p>The Child and Family Centre has a strong commitment to working with Aboriginal and Torres Strait Islander families. Come in for a yarn and find out what we offer.</p>	Venue, dates and times TBA	Free West Belconnen Child and Family Centre Intake Ph: 6205 2904

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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 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  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>
<p><b>Cool Kids</b></p> <p>A group for children six to twelve years, focusing on ways to manage anxiety.</p>	<p>Venue, dates and times TBA</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>
<p><b>Seasons for Growth</b></p> <p>A group for children aged six to twelve years helping them understand change, loss and grief. It is suitable for children who have experienced: the death of a loved one, separation within the family, death of a pet or multiple changes in family or social environments.</p>	<p>Venue, dates and times TBA</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>
<p><b>Stop Think Do</b></p> <p>A program to equip primary school children with skills and knowledge to enhance their social and emotional development. The program teaches children to: understand others' feelings, express their own feelings, stop and think before they act and make good decisions and choices.</p>	<p>Venue, dates and times TBA</p>	<p>Free West Belconnen Child and Family Centre Intake Ph: 6205 2904</p>

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Tween Moves</b> A fun and creative dance class for eight to twelve year olds with special needs.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West  Commences 18 Feb 10am – 10.50am Saturdays During school terms  Start any time during the term	\$10 per class Canberra Dance Theatre Ph:0435 025 365 <a href="mailto:info@canberradancetheatre.org">info@canberradancetheatre.org</a> <a href="http://www.canberradancetheatre.org">www.canberradancetheatre.org</a>
<b>Jumping Juniors</b> Fun and creative dance class for five to seven year olds with special needs and their parents/carers.	Canberra Dance Theatre Studio Childers St, next to the Street Theatre, City West Commences 18 Feb 11 – 11.40am During school terms  Start any time during the term	\$10 per class Canberra Dance Theatre Ph:0435 025 365 <a href="mailto:info@canberradancetheatre.org">info@canberradancetheatre.org</a> <a href="http://www.canberradancetheatre.org">www.canberradancetheatre.org</a>
<b>Medical Termination Group</b> A facilitated group for parents who have experienced a medical termination.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  3 <sup>rd</sup> Monday of each month 6.30 – 8pm	Free  SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
<b>General Support Group</b> A facilitated group for parents who have experienced a loss of a pregnancy, baby or child.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  2 <sup>nd</sup> Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
<b>Pregnancy After Loss Group</b> A facilitated group for parents who have experienced a loss and now have a subsequent pregnancy.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  3 <sup>rd</sup> Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
<b>Early Pregnancy Loss Group</b> A facilitated group for parents who have experienced an early pregnancy loss(up to 20 weeks gestation).	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  3 <sup>rd</sup> Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
<b>Multiples Birth Support Group</b> A facilitated group for parents who have experienced a loss of a baby or babies in a multiple birth pregnancy. Please phone prior to attending.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  Dates and times TBA	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255

Course Name/Description	Venue/Date/Time	Cost/Contact
<b>Safe Sleep for Babies</b> Learn how to sleep baby safely to avoid SIDS and fatal sleep accidents. Includes why back sleeping is safest, cots and mattresses, flat spots on baby's head and rolling over.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley  1st wed of each month Check first during holidays.	Free SIDS & Kids ACT Ph:6287 4255 <a href="mailto:education@sidsandkidsact.org">education@sidsandkidsact.org</a>