



# CHILDREN AND FAMILY CENTRE

## Term 1 Timetable, 2021

27th January - 1st April 2021

Adjunct Care also provided for programs

Bookings for all programs and playgroups are required so please contact CFC before attending.

### MONDAY

#### Infant Massage 10am - 12pm

Infant Massage works to strengthen the bond between parent and baby. It promotes nurturing, touch and communication between you and your baby.



### TUESDAY

#### Playgroup 10am - 12pm

A morning of fun activities for families to engage with their children that they can take home.



#### Circle of Security Parenting Program 10am - 12pm

This is an 8 week parenting program that aims to help parents understand what attachment is and how it affects how we parent.

### WEDNESDAY

#### Playgroup 10am - 12pm

A morning of fun activities for families to engage with their children that they can take home.

#### Positive Parenting Program 10am - 12pm

Positive Parenting Program or, Triple P is a parenting intervention which increases knowledge, skills and confidence of parents and reduces the prevalence of mental health, emotional and behavioural problems in children.

### THURSDAY

#### Circle of Security Parenting Program 10am - 12pm

This is an 8 week parenting program that aims to help parents understand what attachment is and how it affects how we parent.



### FRIDAY



#### Yarn & Craft 10am - 12pm

A warm welcoming environment for mothers and fathers to do art and craft activities and have a yarn with other parents.

Contact us:

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