



# CHILDREN AND FAMILY CENTRE

## Term 2 Timetable, 2021

19 April - 25 June

Adjunct Care also provided for programs

Bookings for all programs and playgroups is required, please contact us 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 that benefits both children and their parents. The groups support children's social development, ease the transition to school, and improve overall health.

#### Positive Parenting Program 1pm - 3pm

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.

### WEDNESDAY

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

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.

#### Circle of Security Parenting Program 1pm - 3pm

### FRIDAY

#### Playgroup 10am - 12pm

A morning of fun activities that benefits both children and their parents. The groups support children's social development, ease the transition to school, and improve overall health.



#### Yarn & Craft 12:30pm - 2:30pm

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

