

Individual Family Support for Families:

The Children and Family Centre offers family support to Aboriginal and Torres Strait Islander mums, dads and kids.

Our skilled support team is made up of family support workers, early childhood educators and a child health worker who work alongside families through one-on-one home visiting, family support, parenting strategies, school advocacy, linking in with community agencies and the wider Wuchopperen community. If you would like to speak to one of our support workers, please phone our office and ask to speak to one of our friendly team.

Playgroups:

Playgroup supports families to play, learn, interact and grow with each other and to meet other families in a fun and relaxed environment.

Come Yarn and Craft:

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

Circle of Security (COS):

A relationship based parenting program to help you understand your child's emotional world and strengthen skills in observing and connecting with your child.

Positive Parenting Program (Triple P):

The program aims to help our mothers, fathers, family and carers to understand how we can help our children grow, teach them right from wrong, help them to develop respect, and have strong family relationships.

Infant Massage:

Infant Massage is a 5 week program for families with children aged 0-12 months old. It is about strengthening the relationship between parent and baby and promoting nurturing, touch and communication. Infant Massage helps with healthy growth and development of baby's body, mind and spirit.



If you are interested in any of the programs available at Wuchopperen's Children and Family Centre, please phone our office and ask to speak with our friendly team.

6 Moignard Street, Manoora QLD 4870
PO Box 878, Manunda QLD 4870
P: (07) 4080 1000

Opening Hours

Mon, Tues, Thurs, Fri: 8am - 5pm
Wed: 8am - 3pm

enquiries@wuchopperen.org.au
wuchopperen.org.au



Wuchopperen
HEALTH SERVICE LTD

Children and Family Centre

Building strong and healthy families



Keeping Our Generations Growing Strong

CHILDREN AND FAMILY CENTRE

Term 4 Timetable, 2020

12th October - 9th December 2020

Bookings for all programs and playgroups are required so please contact us

Adjunct Care also provided for programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sing & Grow (2 - 5 Years) 10am - 12pm</p> <p>A morning of fun activities for children to learn and experience singing, rhythm and movement.</p> <p>Positive Parenting Program 12.30pm - 2.30pm Please contact CFC if you are interested in this program</p> <p>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.</p>	<p>Playgroup (0 - 5 Years) 10am - 12pm</p> <p>A morning of fun activities for families to engage with their children that they can take home.</p>  <p>Infant Massage 1.30pm - 3.00pm</p> <p>Infant Massage works to strengthen the bond between parent and baby. It promotes nurturing, touch and communication between you and your baby.</p>	<p>Playgroup 10am - 12pm</p> <p>A morning of fun activities for families to engage with their children that they can take home.</p> <p>Positive Parenting Program 12.30pm - 2.30pm Please contact CFC if you are interested in this program</p> <p>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.</p>	<p>Circle of Security Parenting Program</p> <p>10am - 12pm AND 1pm - 3pm</p> <p>This is an 8 week parenting program that aims to help parents understand what attachment is and how it affects how we parent</p> 	<p>Kindy Connect 10am - 12pm</p> <p>A Kindy readiness program to support children's transition to kindergarten.</p> <p>Come Yarn & Craft 10am - 12pm</p> <p>A warm welcoming environment for mothers and fathers to do art and craft activities and have a yarn with other parents.</p> 

Contact us:

enquiries@wuchopperen.org.au

(07) 4080 1000

wuchopperen.org.au