



CHILDREN AND FAMILY CENTRE

Term 3 Timetable, 2021

12 July - 17 September

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.



Kindy Connect 1pm - 2:30pm

A program that provides activities and routines to support children to be ready for Kindergarten.

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.

