

# CHILDREN AND FAMILY CENTRE

## Term 3 Timetable 2025

Programs for Aboriginal & Torres Strait islander Families - Adjunct care available and morning tea provided.

<b>MONDAY</b> Commencing 14/7/25	<b>TUESDAY</b> Commencing 15/7/25	<b>WEDNESDAY</b> Commencing 23/7/25	<b>THURSDAY</b> Commencing 17/7/25	<b>FRIDAY</b> Commencing 25/7/25
<b>Come Yarn and Craft</b>  10am - 12noon  A welcoming space to have a yarn and engage in fun craft activities  <b>Adjunct Care Provided</b>  <b>Circle of Security Parenting Program</b>  1:30pm - 3pm  Parenting program that aims to help parents understand attachment and how to strengthen skills to how we parent.	<b>Wuchopperen Playgroup</b>  10am - 12noon  Early Years activities that benefit both children and their parents, in a supportive, fun environment.  0-4 years old  	<b>Circle of Security Parenting Program</b>  10am - 12noon  Parenting program that aims to help parents understand attachment and how to strengthen skills to how we parent.  <b>Adjunct Care Provided</b>  <b>Positive Parenting Program (Triple P)</b>  1:30pm - 3:30pm  Parenting program which gives parents simple strategies to help them build strong, healthy relationships, confidently manage their children's behaviour, and prevent problems developing.	<b>FAFT Wuchopperen</b> 10am - 12noon  <b>FAFT White Rock</b> 9am - 11am  <b>Hambledon House Playgroup</b> 9am - 12noon Group 9:30am - 11:30am  <b>Infant Massage</b> 10am - 11am  	<b>Tuning into Kids</b>  10am - 12noon  Parenting program to teach and support children aged 4 - 8 years to understand and express emotions in appropriate ways.  <b>Adjunct Care Provided</b>  <b>Outreach Playgroup Cairns West State School</b>  9:30am - 11:30am  Early Years activities that benefit both children and their parents, in a supportive, fun environment

**Mangrove Building, Wuchopperen, 6 Moignard St Manoora**

Bookings for all programs is required, please contact us or drop in for a visit.

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