

JUL-DEC 2023

# Parenting Workshops



## JULY



### BRINGING UP GREAT KIDS – PARENTING AFTER FAMILY VIOLENCE PROGRAM (ALL AGES)

A safe environment for parents to begin a journey of understanding and healing for themselves and their children from the impacts of family violence. Learn how to best support your child and feel more confident as a parent.

**Tuesdays 18, 25 July & 1, 8, 15, 22, 29 August (7 weeks), 10am-12pm**

The Deli Women & Children's Centre

**Facilitator:** Jennifer Wu

**Childcare:** Yes, booking required

**Bookings:** Open 1 May. Call on 9667 4664 or email [contactus@thedeli.org.au](mailto:contactus@thedeli.org.au)  
\*Entry Criteria Apply

### CPR & FIRST AID FOR BABIES AND TODDLERS (0-5 YEARS)

Learn the basics of CPR and First Aid, bites and stings.

**Monday 24 July, 9.30-11.30am**

Online, via Zoom

**Facilitator:** Dr Debbie Perkins

**Bookings:** Open June. Visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms). Contact Sarah Neville 7903 0607 or [familysupport2@secc.sydney](mailto:familysupport2@secc.sydney)

### TUNING IN TO KIDS (3-12 YEARS)

Recognise, understand and respond to your child's emotions in a supportive way. Improve your connection with your child through this evidence-based program.

**Tuesdays 25 July, 1 & 8, 15, 22, 29 August 10:30am-12:30pm**

Location TBC

**Facilitator:** Lorena Tairua JNC

**Childcare:** Yes, limited. Booking essential.

**Bookings:** Open 27 June. Contact Emma Dunford on 9349 8200 or email [families@jnc.org.au](mailto:families@jnc.org.au)

### DADS AND KIDS EVENT (0-13 YEARS) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES AND MALE ROLE MODELS)

Bring your kids along to an afternoon of games, soccer and food. Highlighting the importance of play and development through various play based activities. Social support, engage with your child/ren and have fun.

**Saturday 29 July, 2-4pm**

Botany (venue TBA)

**Facilitator:** Tim Wemyss

**Childcare:** Come along with your child

**Bookings:** Open 11 February. Contact Rachael Atkins or Tim Wemyss 9666 5047 or [rachael.a@bfcc.org.au](mailto:rachael.a@bfcc.org.au) or [tim.wemyss@thefatheringproject.org](mailto:tim.wemyss@thefatheringproject.org)

### CIRCLE OF SECURITY PROGRAM (ALL AGES)

Strengthen your skills in observing and connecting with your child to understand their needs. Increase enjoyment, connection and security in your relationship with your child.

**Mondays 31 July, 7, 14, 21, 28 August (5 weeks), 10am-12pm**

The Deli Women & Children's Centre

**Facilitator:** Jennifer Wu

**Childcare:** Yes, bookings required

**Bookings:** Open 1 May. Call on 9667 4664 or email [contactus@thedeli.org.au](mailto:contactus@thedeli.org.au)

## AUGUST

### TANTRUMS AND BEHAVIOUR GUIDANCE (2-5 YEARS)

A workshop aimed at keeping you connected with your kids, giving you strategies to manage behaviours and stay calm during tantrums, while supporting your child's emotions.

**Tuesday 8 August, 10am-12pm**

Online, via Zoom

**Facilitator:** Germaine Alber & Gillian Newton

**Bookings:** Open 3 July. Contact Germaine & Gillian on 9666 5047 or [germaine.a@bfcc.org.au](mailto:germaine.a@bfcc.org.au)

### TUNING IN TO KIDS (0-12 YEARS)

Recognise, understand and respond to your child's emotions in a supportive way. Connect with your child through emotion coaching techniques.

**Tuesdays 15, 22, 29 August & 5, 12, 19 September (6 weeks), 10am-12pm**

Botany Family and Children's Centre, 13 Banksia Street, Botany

**Facilitator:** Evellen Tawdros & Daniela Herrera

**Childcare:** No

**Bookings:** Open 18 July. Contact Evellen on 9666 5047 or [evellen.t@bfcc.org.au](mailto:evellen.t@bfcc.org.au)



### THE IMPORTANCE OF PLAY – A TOOLBOX TALK (ALL AGES) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES AND MALE ROLE MODELS)

The second in a series of toolbox talks for Dads. Come along and learn about the importance and value of play. Children develop through play based learning activities, what can you do to engage positively and help them thrive.

**Thursday 17 August, 5-6.30pm**

Botany Family and Children's Centre

**Facilitator:** Tim Wemyss

**Childcare:** No

**Bookings:** Open 20 July. Contact Rachael Atkins or Tim Wemyss 9666 5047 or [rachael.a@bfcc.org.au](mailto:rachael.a@bfcc.org.au) or [tim.wemyss@thefatheringproject.org](mailto:tim.wemyss@thefatheringproject.org)

### PARENTING WITH CLARITY & CONFIDENCE (0-18 YEARS)

Reduce parental anxiety & worry. Boost your parenting resilience & self-regulation skills that will benefit the entire family.

**Friday 25 August, 10am-12pm**

St Brigid's Parish Hall, 135b Brook St

**Facilitator:** Susanne North

**Childcare:** Children and babies welcome

**Bookings:** Open 25 July.

Call on 0416 186 117 or email [susanne@susannenorth.com.au](mailto:susanne@susannenorth.com.au)

## SEPTEMBER

### SPEECH MILESTONES – SCHOOL READINESS (3-6 YEARS)

School Readiness speech milestones for your child before they begin Kindergarten. Referral pathways for parents/carers.

**Monday 4 September, 9.30-11.30am**

Online, via Zoom

**Facilitator:** Speech pathologist from Sydney Children's Hospital

**Bookings:** Open July.

Visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms). Contact Sarah Neville 7903 0607 or [familysupport2@secc.sydney](mailto:familysupport2@secc.sydney)

### NO SCAREDY CATS (5-12 YEARS)

Understand how fear and anxiety develop, how children's minds work and how to manage anxiety and build resilience.

**Mondays 4, 11, 18 September 10am-12pm**

SECC Mascot Hub, 1007 Botany Rd

**Facilitator:** Ruming Yang

**Childcare:** No

**Bookings:** Open July. Visit [bit.ly/SECCprogram](http://bit.ly/SECCprogram). Contact Ruming Yang or Emily Simpson on 7903 0607 or [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)

### HELPING YOUNG CHILDREN SLEEP (1-10 YEARS)

Learn why some kids have sleep troubles, and practical ways to help everyone get a good night's sleep.

**Wednesday 6 September, 10-11.30am**

Online, via Zoom

**Facilitator:** Madeleine Winter

**Bookings:** Open 9 August. Visit Eventbrite, Contact Madeleine on 0403 779 955 or [madeleine@madeleinewinter.com](mailto:madeleine@madeleinewinter.com)

### SMALL STEPS – TRANSITION TO HIGH SCHOOL WORKSHOP (YEAR 5 & 6 STUDENTS)

The presentation provides parents/carers with tools and strategies to support children who are transitioning to High School.

**Tuesday 12 September, 10.30am-12pm**

Daceyville Public School

**Facilitator:** WayAhead educator JNC

**Childcare:** Yes

**Bookings:** Open 15 August.

Visit Eventbrite, Contact Emma Dunford on 9349 8200 or [families@jnc.org.au](mailto:families@jnc.org.au)

## OCTOBER

### BLACK BOX PARENTING (ALL AGES)

A non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after experiencing domestic & family violence.

**Wednesdays 11, 18, 25 October & 1, 8, 15, 22 & 29 November, and 6 December 10am-12pm**

The Deli Women & Children's Centre

**Facilitator:** Jennifer Wu & Juliette Ferrier

**Childcare:** Yes, booking required

**Bookings:** Open 1 May. Call on 9667 4664 or email [contactus@thedeli.org.au](mailto:contactus@thedeli.org.au)  
\*Entry Criteria Apply



### MINDFULNESS FOR POSITIVE CHILD DEVELOPMENT (0-8 YEARS)

This program will explore the various mindfulness strategies that contribute to positive childhood development.

**Thursdays 12, 19 & 26 October, 10-11.30am**

Location TBC

**Facilitator:** JNC

**Childcare:** Yes, limited

**Bookings:** Open 14 September. Visit Eventbrite. Contact Emma Dunford on 9349 8200 or [families@jnc.org.au](mailto:families@jnc.org.au)

### CPR & FIRST AID FOR BABIES AND TODDLERS (0-5 YEARS)

Learn the basics of CPR and First Aid, bites and stings.

**Monday 16 October, 9.30-11.30am**

Online, via Zoom

**Facilitator:** Dr Debbie Perkins

**Bookings:** Open June.

Visit [bit.ly/SECCprograms](http://bit.ly/SECCprograms). Contact Sarah Neville 7903 0607 or [familysupport2@secc.sydney](mailto:familysupport2@secc.sydney)

### 1-2-3 MAGIC & EMOTION COACHING IN ENGLISH (4-12 YEARS)

Understand the nature of discipline and get better results dealing with your child's difficult behaviour with less effort and stress.

**Mondays 16, 23 & 30 October, 10am-12pm**

SECC Mascot Hub, 1007 Botany Rd

**Facilitator:** Ruming Yang

**Childcare:** Yes, limited

**Bookings:** Open July. Visit [bit.ly/SECCprogram](http://bit.ly/SECCprogram). Contact Ruming Yang or Emily Simpson on 7903 0607 or [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)



### SINGLE PARENTS SUPPORT GROUP (0-12 YEARS)

Weekly support group for parents and carers including talks by an expert. Topics include relationships, mental health support, legal services etc.

**Tuesdays 17, 24, 31 October & 7, 14 & 21 November, 10.30am-12.30pm**

Location TBC

**Facilitator:** Lorena Tairua JNC

**Childcare:** Yes, bookings essential

**Bookings:** Open 19 September. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

### THE MODERN DAY DAD – A TOOLBOX TALK THE FATHERING PROJECT (FOR FATHERS/ FATHER FIGURES/MALE ROLE MODELS)

The third in a series of toolbox talks for Dads. The traditional role of father's is changing. Join in the discussion about how to navigate and gain insight into modern day parenting.

**Thursday 19 October, 5-6.30pm**

Botany Family and Children's Centre

**Facilitator:** Tim Wemyss

**Childcare:** No

**Bookings:** Open 21 September. Contact Rachael Atkins or Tim Wemyss 9666 5047 or rachael.a@bfcc.org.au or tim.wemyss@thefatheringproject.org

### EARLY COMMUNICATION WORKSHOP – SCHOOL READINESS (PRESCHOOL AGE)

The workshop covers speech and language milestones of preschoolers, the concept of language and literacy, essential skills for the first year of school, and strategies to encourage language and literacy development in preschoolers.

**Tuesday 24 October, 10.30am-12.30pm**

Location TBC

**Facilitator:** Speech Pathologists from Sydney Children's Hospital

**Childcare:** Yes, limited. Booking essential

**Bookings:** Open 26 September. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

### POSITIVE PARENTING (2-18 YEARS)

Build positive relationships with your children and feel good about your day-to-day parenting. Learn simple & immediate tools to reduce challenging behaviour.

**Friday 27 October, 10.30am-12pm**

St Brigid's Parish Hall, 135b Brook St

**Facilitator:** Susanne North

**Childcare:** Children and babies welcome

**Bookings:** Open 27 September. Contact Susanne North on 0416 186 117 or susanne@susannenorth.com.au

## NOVEMBER

### SETTING LIMITS AND BUILDING CO-OPERATION (2-12 YEARS)

Build a better relationship with your child using this parent-tested, practical approach to limit setting that will be a positive experience for everyone.

**Wednesday 1 November, 10-11.30am**

Online, via Zoom

**Facilitator:** Madeleine Winter

**Bookings:** Open 4 October. Visit Eventbrite. Contact Madeleine Winter on 0403 779 955 or madeleine@madeleinewinter.com

### SMALL STEPS – MANAGING BIG SCHOOL ANXIETY (PRESCHOOL TO YEAR 1)

The workshop helps parents identify and address school attendance anxiety in primary school children by exploring related behaviors and providing tools to support and prevent school avoidance or refusal.

**Tuesday 8 November, 10.30-11.30am**

Location TBC

**Facilitator:** WayAhead educator JNC

**Childcare:** Yes, limited. Booking essential.

**Bookings:** Open 11 October. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

### DADS AND KIDS EVENT (0-13 YEARS) THE FATHERING PROJECT (FOR FATHERS/ FATHER FIGURES/MALE ROLE MODELS)

Come and join us for our End of Year finale. The theme is having fun, engaging and connecting with your kids, games, guessing competitions and more.

**Saturday 11 November, 2-4pm**

Location TBA

**Facilitator:** Tim Wemyss

**Childcare:** Come along with your child

**Bookings:** Open 6 October. Contact Rachael Atkins or Tim Wemyss 9666 5047 or rachael.a@bfcc.org.au or tim.wemyss@thefatheringproject.org



### COOL LITTLE KIDS (3-6 YEARS)

Developed at Macquarie University, this program increases parents and carers' knowledge and build practical skills in managing and responding to children's fears and worries.

**Mondays 13, 20, 27 November & 4, 11 December, 10am-12pm**

SECC Mascot Hub, 1007 Botany Rd

**Facilitator:** Rumung Yang

**Childcare:** No

**Bookings:** Open August. Visit bit.ly/SECCprogram. Contact Rumung Yang or Emily Simpson on 7903 0607 or hubadmin@secc.sydney

### SMALL STEPS – TRANSITION TO HIGH SCHOOL WORKSHOP (YEAR 5 & 6 STUDENTS)

The presentation provides parents/carers with tools and strategies to support children who are transitioning to High School.

**Tuesday 28 November, 10.30am-12pm**

Banksmeadow Public School

**Facilitator:** WayAhead educator JNC

**Childcare:** Yes, limited. Booking essential.

**Bookings:** Open 31 October. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

## DECEMBER



### SPEECH MILESTONES (0-6 YEARS)

Speech milestones for your child & referral pathways for parents/carers.

**Monday 4 December, 9.30-11.30am**

Online, via Zoom

**Facilitator:** Speech pathologist from Sydney Children's Hospital

**Bookings:** Open July. Visit bit.ly/SECCprograms. Contact Sarah Neville 7903 0607 or familysupport2@secc.sydney

## Speakers

**Daniela Herrera** is an experienced parenting coach and Early Childhood Educator, experienced with working with culturally diverse families, specialising in enhancing parental confidence and child-family relationships.

**Dr Debbie Perkins** is a dedicated leader at the Sydney Children's Hospital Network, committed to providing exceptional pediatric care.

**Evellen Tawdros** is a Parenting Coach and Educator with extensive experience working with families to guide parents through the teenage journey. She is a Tuning in to Kids, Tuning in to Teens and Engaging Adolescents Practitioner.

**Gillian Newton** is an experienced Early Childhood Educator & Parenting Coach, supporting and encouraging families to increase their resilience, parenting and behaviour guidance techniques and skills.

**Germaine Alber** is an experienced Early Childhood Educator and Parenting Coach. She is focussed on child development and building the parent-child attachment and connection.

**Jennifer Wu** is the Family Support Coordinator, Early Childhood Specialist and an Accredited Groups Facilitator with over 20 years' experience. Her aim is to support parents and/or families in trauma to build their confidence and parental capacity providing child development knowledge, positive behaviour guidance techniques with a strong focus on attachment principles.

**Juliette Ferrier** is the Therapeutic Services Coordinator and Counsellor with over 10 years' experience. She is a domestic violence specialist having worked extensively with women and families healing from trauma.

**Lorena Tairua** is a qualified social worker with several years' experience working with culturally diverse families. Lorena specialises in the delivery of intensive case management support to clients facing multiple and complex challenges.

**Madeleine Winter** is a Parent Coach and parent of a teen, with deep experience supporting parents to build strong relationships with their children through every age and stage.

**Rumung Yang** is a Family Worker at South Eastern Community Connect with a Bachelors degree in social work and a Masters degree in Education Psychology. She has 10 years' experience, working with families and young children (aged 0-8) in a variety of settings, with a strong focus on child development, children and family relationships.

**Susanne North** is a certified Family Coach and Wellbeing Practitioner in primary schools and has a private practice with a focus on family wellbeing.

**Tim Wemyss** has a degree in psychology and 10 years' experience working with children and families in clinical settings and non-government organisations. Throughout his time with The Fathering Project Tim has written a parenting program, supported many fathers, father figures and role models to be the best fathers they can be.

## Resources

**randwick.nsw.gov.au**

Community information, links to childcare services, library activities and homework help.

**thedeli.org.au**

The Deli Women & Children's Centre offers trauma counselling, supported playgroups, education, family support, advocacy, referrals and groups for women and children.

**jnc.org.au**

The Junction Neighbourhood Centre provides aged and disability services, family support, trauma assistance and community outreach.

**secc.sydney**

The South East Community Connect Eastlakes provides advocacy, advice, casework, counselling, transport, home visiting, respite care, family support, regular community activities and group outings.

**bfcc.org.au**

Botany Family & Children's Centre is a family support service offering counselling, casework, supported playgroups, advocacy & referrals for children, teens and families. A variety of Parenting Programs/workshops, individual & couple appts. are provided free for the community.

**resourcingparents.nsw.gov.au**

An easy to navigate site packed full of useful information including parenting education courses and early learning events covering NSW.

**playgroupnsw.org.au**

Find a playgroup near you.

**mychild.gov.au**

Current information on childcare, assistance with childcare costs and vacancies at centres across Sydney.

**community.nsw.gov.au**

For information on family support, childcare, parenting and child protection.

**kidshelp.com.au**

Kids Helpline 1800 551 800 free, confidential and anonymous telephone and online counselling service for young people between 5 and 25 years.

**benevolent.org.au**

Helping people change their lives through support and education.

**health.nsw.gov.au**

Browse health topics A to Z and download.

**kooloora.org**

Various programs for families and seniors.

Randwick City Council provides a list of resources, including this calendar that can be found by scanning the QR code below.

