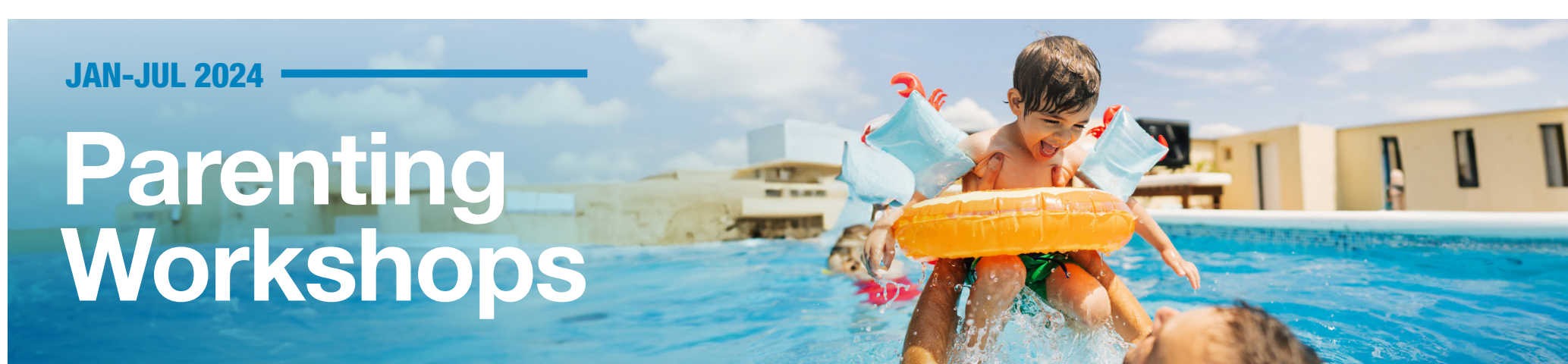


JAN-JUL 2024

Parenting Workshops



FEBRUARY



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

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

Monday 5 February, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open January.
Visit bit.ly/SECCprograms.
Contact Sarah Neville 7903 0607 or
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 12, 19, 26 February 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Rumung Yang

Childcare: No

Bookings: Open 5 January.
Visit bit.ly/SECCprogram.
Contact Rumung Yang or Emily Simpson
on 7903 0607/0432 080 009 or
hubadmin@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 20, 27 February & 5, 12, 19, 26 March 10.30am-12.30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 30 January.
Contact Emma Dunford on 9349 8200 or
families@jnc.org.au

FROM CHAOS TO CALM: SUPPORTING ANGRY ADOLESCENTS (10-17 YEARS)

Strengthen parent-child bonds, boost confidence in managing tweens and teens. Grasp the adolescent brain, enhance communication, handle challenging behavior, and manage emotions effectively.

Tuesdays 20, 27 February & 5, 12, 19 March (5 weeks) 10am-12.30pm

Eastlakes

Facilitator: Jennifer Wu

Childcare: Yes, limited. Booking essential.

Bookings: Open 15 January. Contact
9667 4664 or contactus@thedeli.org.au



SMALL STEPS – SCHOOL ATTENDANCE ANXIETY (PRIMARY SCHOOL CHILDREN)

This program helps parents address primary school children's attendance anxiety by identifying behaviors and providing practical tools to prevent school avoidance.

Wednesday 21 February, 10am-12pm

Bowen Library, Maroubra

Facilitator: WayAhead educator

Childcare: Yes, limited. Booking essential.

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

TANTRUMS AND BEHAVIOUR GUIDANCE WORKSHOP (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 27 February, 10am-12pm

Online, via Zoom

Facilitator: Germaine Alber & Daniela Herrera

Bookings: Open 28 January.
Contact Germaine on 9666 5047 or
germaine.a@bfcc.org.au

SUPPORTING YOUR KIDS AT SCHOOL (ALL AGES) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES AND MALE ROLE MODELS)

Toolbox talks for Dads. Come along, enhance your skills and gain some strategies on how to best support your kids at school. Focussing on supporting and advocating positively with schools and services and most importantly your kids.

TBA – enquiries rachael.a@bfcc.org.au

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

Facilitator: Tim Wemyss

Childcare: No

Bookings: Contact Rachael Atkins on
9666 5047 or rachael.a@bfcc.org.au

MARCH

SPEECH MILESTONES (0-6 YEARS)

School Readiness speech milestones for your child. Referral pathways for parents/carers.

Monday 4 March, 9.30-11.30am

Online, via Zoom

Facilitator: Speech pathologist from Sydney Children's Hospital

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

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 5, 12, 19, 26 March & 2, 9 April (6 weeks), 10am-12pm

Online, via Zoom

Facilitator: Evellen Tawdros & Gillian Newton

Childcare: No

Bookings: Open 12 February.
Contact Evellen Tawdros on 9666 5047 or
evellen.t@bfcc.org.au



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 11, 18 & 25 March 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Rumung Yang

Childcare: Yes, limited.

Bookings: Open 30 January.
Contact Rumung Yang or Emily Simpson
on 7903 0607/0432 080 009 or
hubadmin@secc.sydney

HELPING CHILDREN WITH SEPARATION ANXIETY (2-12 YEARS)

Separating from loved ones is a key issue for young children. Learn practical ways to make parting a positive experience.

Wednesday 13 March, 10-11.30am

Online, via Zoom

Facilitator: Madeleine Winter

Bookings: Open 14 February.
Visit Randwick City Council's What's On page. Contact Madeleine Winter on 0403 779 955 or
madeleine@madeleinewinter.com



SELF-CARE FOR PARENTS & CARERS (ALL AGES)

A child's well-being is linked to the emotional health of parents. Prioritising emotional and physical health makes parents more resilient caregivers. Discover easy self-care for balance, stress reduction, and energy. Self-care is a necessity, not indulgence.

Friday 22 March, 10am-12pm

St Brigid's Parish Hall, 135b Brook Street, Coogee

Facilitator: Susanne North

Childcare: Children are welcome.

Bookings: Open 1 month prior.
Contact Susanne North 0416 186 117 or
susanne@susannenorth.com.au

MAY

ADOLESCENCE AND ANGST - STAYING CLOSE TO YOUR KIDS AS THEY GET OLDER (9-14 YEARS)

Learn what's going on for your preteens as they enter adolescence, and practical strategies for staying close and connected.

Wednesday 1 May, 10-11.30am

Online, via Zoom

Facilitator: Madeleine Winter, Parent Coach and Consultant, Hand in Hand Parenting

Childcare: No

Bookings: Open 3 April.
Visit Randwick City What's On page, Contact Madeleine on 0403 779 955 or
madeleine@madeleinewinter.com

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 6, 13, 20, 27 May & 6 June, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Rumung Yang

Childcare: No

Bookings: Open 11 March.
Visit bit.ly/SECCprogram.
Contact Rumung Yang or Emily Simpson
on 7903 0607/0432 080 009 or
hubadmin@secc.sydney

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

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

Monday 6 May, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open 1 March
Visit bit.ly/SECCprograms.
Contact Sarah Neville 7903 0607 or familysupport2@secc.sydney



EARLY COMMUNICATION WORKSHOP (0-3 YEARS)

Learn typical development of speech, language and communication, encourage communication skills through play and strategies and what to do if you have concerns.

Tuesday 7 May 10am-12pm

Location TBC

Facilitator: JNC and Speech Pathologists from Sydney Children's Hospital

Childcare: Yes, limited. Booking essential.

Bookings: Open 9 April.
Contact Emma Dunford on 9349 8200 or families@jnc.org.au

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

A safe environment for mothers 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.

Wednesdays 8, 15, 22, 29 May & 5, 12, 19 June (7 weeks), 10am-12.30pm

Eastlakes

Facilitator: Jennifer Wu

Childcare: Yes, limited. Booking essential.

Bookings: Open 15 January. Call on 9667 4664 or email contactus@thedeli.org.au



SINGLE PARENTS/CARERS 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 14, 21, 28 May & 4, 11 & 18 June, 10.30am-12.30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 16 April. Contact Emma Dunford on 9349 8200 or families@jnc.org.au



TANTRUMS AND BEHAVIOUR GUIDANCE WORKSHOP (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 14 May, 10am-12pm

Online, via Zoom

Facilitator: Gillian Newton & Germaine Alber

Bookings: Open 29 April.
Contact Germaine on 9666 5047 or germaine.a@bfcc.org.au



DADS 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 14, 21, 28 May & 4, 11, 18, 25 June 5-7pm

Location TBC

Facilitator: Andy Harnett JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 16 April.
Contact Emma Dunford on 9349 8200 or families@jnc.org.au

TUNING IN TO TEENS (11-16 YEARS)

Helpful ways of recognising and responding to your teen's emotions. Building supportive and connected relationships using emotional coaching techniques.

Tuesdays 28 May & 4, 11, 18, 25 June & 2 July (6 weeks), 6-8pm

Online, via Zoom

Facilitator: Evellen Tawdros & Rachael Atkins

Bookings: Open 29 April.
Contact Rachael Atkins on 9666 5047 or rachael.a@bfcc.org.au

JUNE

MINDFUL PARENTING WORKSHOP (ALL AGES)

Enhance parent-child connections by adopting calming strategies. Develop self-regulation skills to assist your child in managing emotions, reducing stress, and restoring calm to your home.

Friday 14 June, 10am-12pm

St Brigid's Parish Hall, 135b Brook Street, Coogee

Facilitator: Susanne North

Childcare: Children are welcome.

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

Speakers

Andy Harnett is a Parenting Coach with 25+ years of experience, specialises in trauma-informed care. He's worked globally and is a certified facilitator for Tuning in to Kids and Dads Tuning into Kids programs.

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.

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.

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.

Jennifer Wu is a Family Support Coordinator and Early Childhood Specialist, has 20+ years of experience. She strives to boost confidence and parental capacity in trauma-affected families, offering child development insights and positive behavior guidance with a focus on attachment principles.

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.

Rachael Atkins is an experienced family worker, focussing on the parent child relationship and connection, whilst supporting to build confidence and parental capacity.

Ruming 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 is a psychology graduate with 10 years of experience in clinical and non-government settings, has developed a parenting program and supported numerous fathers through The Fathering Project.

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 supports trauma-affected women and children for 40+ years through counseling, parenting guidance, trauma-informed groups, workshops, advocacy, and referrals.

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.

raisingchildren.net.au

An easy to navigate site packed full of useful information including parenting education courses.

playgroupnsw.org.au

Find a playgroup near you.

my.gov.au/en/services/raising-kids

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.

parentline.org.au

Free phone counselling and resources for parents and carers.

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.

