

Family Support Newcastle invites parents & caregivers to  
a FREE 8 week parenting course:

# Circle of Security™ Parenting Program



**Join us to learn about the 'Circle of Security' and how you can strengthen your relationship with your child.**

- When:** Tuesdays for 8 weeks  
**Dates:** 11<sup>th</sup> October – 29<sup>th</sup> November, 2022  
**Time:** 10am – 12.30pm  
**Location:** Waratah Family Centre,  
2 High St, Waratah



- Understand your child's inner world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



Free activities for children.  
Bookings can be made by calling  
**4926 3577**  
Places are limited!



# Nature Play



**Morning tea will be provided**

## WHEN

**Wednesdays  
fortnightly  
10am to  
12noon**

## DATES

**19th Oct  
2nd, 16th,  
30th Nov & 14th  
Dec 2022**

## WHERE

**Cnr Mahogany Dr &  
Queens Dr  
Blackbutt Reserve  
Arrow on map below**

- Slow down and de-stress
- Connect with your children through their self-directed play
- Learn about Aboriginal culture and enjoy creative nature connection activities
- Access informal parenting support



**Drop in welcome or to register call: 4926 3577 or text 0491060916**

**If it is very wet or windy weather the group  
will be held at Waratah Family Centre  
(2 Hight St Waratah)**

We will all need to follow COVID  
safe practices especially not  
attending if unwell



# Patches of Many Colours



**Free children's activities and food provided**

## WHEN

**Wednesdays  
for 4 weeks  
12noon to 2pm**

## DATES

**26th Oct -  
16th Nov  
2022**

## WHERE

**Thou-Walla Family  
Centre, 21 Greer St,  
Raymond Terrace  
(Irrawang Public  
School)**

- Come together and hand sew a patch or two (no experience necessary!)
- Design and create symbols, sharing our strengths and hopes
- Slow down with others, bringing beauty and self-kindness into the everyday



**call Thou-Walla on 0459915386 to register**

# Start today Again



**For all men who have a fathering role and want to improve  
their relationships with their children**

## WHEN

**Tuesdays for 3  
weeks  
5pm to 7pm**

## DATES

**1st Nov - 15th  
November  
2022**

## WHERE

**Woodberry  
Family Centre,  
11-13 Lawson  
Ave, Woodberry**

- Increasing your awareness of the effects on children exposed to Family and Domestic Violence
- Connect with other dads
- Share knowledge and experiences
- Tune into your needs and your child's needs
- Learn about creating a safe parenting environment

**call 49140444  
to register**

If you are interested but  
a little unsure please  
give us a call and have a  
chat with our workers



Family Support Newcastle  
your family, our community

Family Support Newcastle invites dads and male carers to a FREE 6 week parenting group:

# Tuning in to Kids



## For Dads!



Free children's activities and light supper provided



### WHEN

Mondays for  
6 weeks  
5:30pm - 7:30pm

### DATES

17th Oct 22-  
21st Nov 22

### WHERE

Waratah Family  
Centre,  
2 High St,  
Waratah

### Discussions include:

- Supporting your kids with understanding and managing their emotions
- Learning and practicing skills in Emotion Coaching
- How are emotions viewed in our society?
- Looking after yourself

to register or enquire call or text:  
0490331275 / 4926 3577

We will all need to follow COVID safe practices especially not attending if unwell



# Understanding Dads



For all men who have  
a fathering role  
and want to improve  
their relationships  
with their children

Free children's activities &  
light supper provided

## WHEN

Thursdays for 3  
weeks  
5:30pm - 7pm

## DATES

17th November  
- 1st December  
2022

## WHERE

Kurri Kurri  
Community  
Services, 251 Lang  
Street, Kurri Kurri

### Discussions include:

- Connect with other dads
- Share parenting knowledge and experiences
- Understand how your brain and your child's brain works
- Tune into what you and your child need
- Learn about mindfulness & looking after yourself

call **4926 3577** to  
register

If you are interested but a  
little unsure please give us a  
call and have a chat with our  
workers

Family Support Newcastle invites you and your children aged 0-6 to

# THURSDAY PLAY DAY



CONNECT WITH OTHER PARENTS

EXPLORE AND ENJOY  
WITH YOUR CHILD

HELP YOUR CHILD DEVELOP  
SOCIAL SKILLS AND FRIENDSHIPS  
WITH OTHERS



WHEN

**Thursdays**  
9.30am-12.15pm

DATE

**WEEKLY**  
during school  
terms

WHERE

**Waratah**  
Family Centre  
2 High St,  
Waratah

OPPORTUNITIES FOR CHILDREN TO ENGAGE IN SENSORY,  
PHYSICAL AND IMAGINATIVE PLAY

**Play helps to build children's**

- Confidence
- Wellbeing
- Learning and development

We will all need to  
follow COVID  
safe practices  
especially not  
attending if unwell

**call 4926 3577 for more information**



the Family Support program is funded by the  
Department of Communities and Justice through  
Family Support Newcastle



Find us on  
**Facebook**