

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.

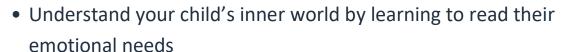
When: Tuesdays for 8 weeks

Dates: 11th October – 29th November, 2022

Time: 10am – 12.30pm

Location: Waratah Family Centre,

2 High St, Waratah



- 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

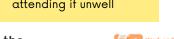


Drop in welcome or to register call: 4926 3577 or text 0491060916

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







Maitland Family Support & Family Support Newcastle would like to invite men raising children aged 0-18 years to this FREE group:



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

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 dads and male carers to a FREE 6 week parenting group:



Kids / For Dads! **Tuning in to**



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

