

Family Support Newcastle would like to invite
parents/carers/grandparents raising children 0-12 years to
this free group:

1-2-3 Magic® & Emotion Coaching



Come along and connect with other parents and learn how to support
your child's behaviour and emotions

WHEN

Tuesdays
10am - 12pm
for 3 weeks

DATES

6th to 20th
September 22

WHERE

Waratah Family
Centre,
2 High St,
Waratah

- Understand about your child's development
- Learn about why your child behaves the way they do
- Help your child to manage their emotions
- Learn simple, easy techniques



Free children's activities
and morning tea provided

Register: 4926 3577 | Places limited!

Family Support Newcastle would like to invite men raising children 0-18 years to a free group:

All Dads Group



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

WHEN

Wednesdays
6pm - 7:30pm
for 6 weeks

DATES

17th August -
21st September
2022

WHERE

Waratah Family
Centre, 2 High
Street,
Waratah

- Connect with other dads
- Share parenting knowledge and experiences
- Tune into what you and your child need
- Create fun times and memories
- As a dad tell us what you want to know more about

call **4926 3577**
to register

**Free children's activities & light
supper provided**

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

Great Minds

Neurodiversity & Parenting Group



We welcome all parents/carers who are neurodivergent and/or who have a child who is neurodivergent (this includes diagnoses such as ADHD, Autism, Dyspraxia, Dyslexia and Torrettes).



WHEN

Weekly on
Wednesday's
12:30pm - 2:30pm

DATES

10th August 22 -
7th September 22

WHERE

Gan Gan Family
Centre, Old Main
Road, Anna Bay

Free children's
activities and
afternoon tea
provided!

Connect with other parents and carers as we explore;

- Experiences of parenting with our own or our child's diverse ways of thinking, learning and behaving
- Ways to speak about your own, or your child's, support needs with services, schools and family and friends
- Ways to practice self-care and self-compassion

Call **4926 3577** to register | Places are limited!



Nature Play



Morning tea will be provided

WHEN

**From 10am
to 12noon**

DATES

**Fortnightly
Wednesdays
27 July
10 & 24 Aug
7 & 21 Sept**

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



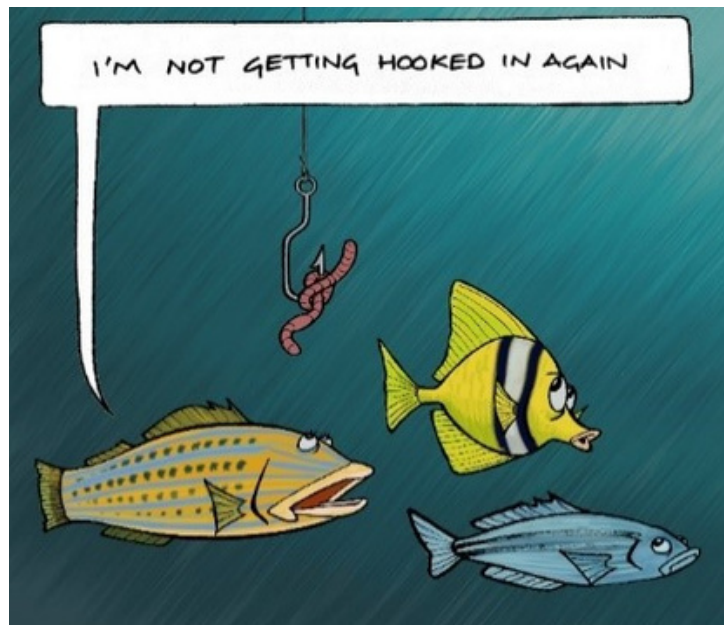
Drop in welcome or To register call: 4926 3577 or text 0490331525

**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



Shark Cages & Other Fishy Business



Free children's activities and morning tea provided



WHEN

**Weekly on
Thursdays
10am to 1pm**

DATES

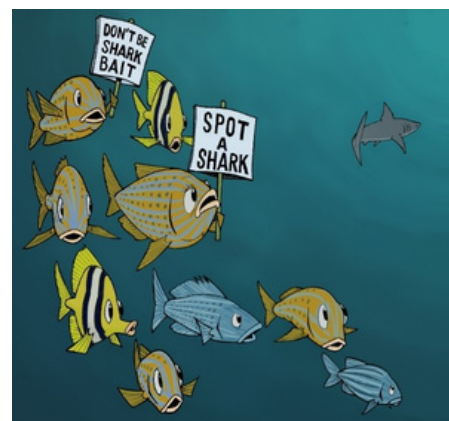
**11th Aug 22
to
22nd Sep 22**

WHERE

**60 Industrial Drive
Mayfield, NSW
2304**

Discussions will include:

- What supports violence in our society?
- Connecting with your wisdom, strengths and early warning systems
- Identifying, valuing and respecting boundaries
- Fine-tuning awareness and ways to respond
- Practicing self-care, kindness and creativity



Call 4926 3577 to register | Places are limited!

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



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