

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



- 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





Family Support Newcastle
your family, our community

Family Support Newcastle & Thou-Walla Family Centre
invite parents and carers to FREE creative group:



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



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle



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



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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

