

Term 3, 2023

WHAT'S ON

**Events, courses or
workshops**

Coaching Fears & Worries



WAVERLEY
COUNCIL

Dr Christiane Kehoe

19 July, 7pm-8.30pm on Zoom

A set of core skills known as 'emotional intelligence' are associated with significantly better life outcomes.



Join this free seminar to:

- Better understand and manage stress and anxiety to support children
- Increase understanding of children's stress, anxiety, anger and loss of motivation
- Increase skills in utilising emotion coaching when children are anxious

Dr Christiane Kehoe is Research Manager of Mindful, Centre for Training and Research in Developmental Health, at the University of Melbourne. Christiane is an accredited trainer & co-author of the evidence-based Tuning into Teens™ and Tuning into Toddlers™ Emotionally Intelligent Parenting programs. Christiane also provides certified training to mental health practitioners nationally and internationally, has implemented the Tuning into Teens program as a whole school initiative & been delivering parenting programs since 2006.



Get in Touch:
stella.despinidis@waverley.nsw.gov.au
0481 462 575

#MOBMATTERS

Worried about
your energy bill?



Free Community Assist Day

When: Friday 21 July 2023
10am – 2pm

Where: NCIE,
180 George St, Redfern

Come along for help with energy and water problems, Aboriginal services, legal and financial matters, tenancy, employment and training, disability and senior services, fines, debts and more.

Free BBQ provided



Energy & Water
Ombudsman NSW
Free, fair and independent.

ewon.com.au

Redfern Occasional Child Care Centre

Our occasional care service is licensed and accredited, catering for children aged 0 to 5 years old.

Qualified and experienced educators place a strong focus on quality interactions and learning. We facilitate learning through a play-based program.

The centre offers three playrooms and a sun safe outdoor play area. Our program provides opportunities for all children to flourish and meet their full potential through educational experiences. We pride ourselves on building meaningful relationships with children and their families.

Occasional care can be used on a flexible basis, while parents and carers attend an appointment or need respite.

Care can be booked up to two weeks in advance.

Monday to Friday
9am to 4pm

We close for two weeks over Christmas and New Year.

Child care subsidy CCS and additional child care subsidy available to eligible families.



Enrolment priorities

1. Children in one or more of the following categories:

- at risk of serious abuse or neglect
- Aboriginal and Torres Strait Islander
- in a family which includes a person with disability
- on a refugee or humanitarian visa
- with English language needs
- from a family who receives 85% or higher CCS

2. Siblings of children currently enrolled

3. A child in a family where both parents satisfy, or a sole parent family who satisfies, the **Services Australia activity test**

4. Any other child.

Relief program

Reduced rates are available for eligible families, contact us for details.

Register your interest, positions are limited.

For more information

55 Pitt Street, Redfern
02 9265 9032
rocc@cityofsydney.nsw.gov.au
city.sydney/rocc

CITY OF SYDNEY 

For more information

55 Pitt Street, Redfern
02 9265 9032
rocc@cityofsydney.nsw.gov.au
city.sydney/rocc

CITY OF SYDNEY 

Eveleigh Early Learning and Preschool



Our service is a licensed and accredited long day care and preschool, catering to children from 6 weeks to 6 years of age.

Qualified and experienced educators place a strong focus on quality interactions and learning. We facilitate learning through a play-based program.

We offer five playrooms and a sun safe outdoor play area. Healthy, nutritious meals and snacks are provided. Our programs provide opportunities for all children to flourish and meet their full potential through a range of educational experiences.

We pride ourselves on building meaningful relationships with children and their families.

Monday to Friday
7:30am to 5:30pm

We close for two weeks over Christmas and New Year.

Child care subsidy (CCS) and additional child care subsidy available to eligible families.

Enrolment priorities

1. Children in one or more of the following categories:

- at risk of serious abuse or neglect
- Aboriginal and Torres Strait Islander
- in a family which include a person with disability
- on a refugee or humanitarian visa
- with English language needs
- from a family who receives 85% or higher CCS

2. Siblings of children currently enrolled

3. A child in a family where both parents satisfy, or a sole parent family who satisfies, the **Services Australia activity test**

4. Any other child.

Register your interest, positions are limited.

For more information

41 Henderson Road, Eveleigh
02 9265 9014
eelp@cityofsydney.nsw.gov.au
city.sydney/eelp

CITY OF SYDNEY 

Broughton Street Kindergarten



Our preschools offer education and care for children aged 3 to 5 years.

Qualified and experienced educators place a strong focus on quality interactions and learning. We facilitate learning through a play-based program.

The centre offers a spacious indoor area with a sun safe outdoor play area. Our programs provide opportunities for all children to flourish and meet their full potential through educational experiences.

We pride ourselves on building meaningful relationships with children and their families.

Monday to Friday
8:30am to 4pm

We close for five weeks over Christmas and New Year.

Enrolment priorities

Preschool aged children, aged 3 to 5 years, in one or more of the following categories:

- from low-income families (with a health care card)
- Aboriginal or Torres Strait Islander
- with English language needs
- with disability
- with additional needs.

Register your interest, positions are limited.

For more information

Broughton Street Kindergarten
80 Broughton Street, Glebe
(entrance on Darling Street)
02 9265 9018
bsk@cityofsydney.nsw.gov.au
city.sydney/bsk

CITY OF SYDNEY 

#my Open Day

Saturday
19 August

SDN Redfern

welcomes you to #myOpenDay.



Discover our educational program where being school-ready is about being life-ready.

Enjoy a variety of family fun experiences such as face painting!



Tour our centre where we encourage children to be creative, run, yell, play and make a glorious mess!

Hear about our involvement in the local community.



Learn about our rich centre history. We recently marked 85 years of offering high quality early education and care.

Leave with some free SDN goodies!

At SDN, experience a village you can call your own.



Scan the code
to register now
for free

sdn
children's services



#my
**Open
Day**

Saturday
19 August

**SDN Lois Barker,
Waterloo**

welcomes you to **#myOpenDay**.



Discover our educational program where being school-ready is about being life-ready.

Understand what sets us apart and why families call our centre a little oasis.



Tour our centre where we encourage children to be creative, run, yell, play and make a glorious mess!

Meet our qualified and dedicated educators and teachers.



Learn about our purpose-designed transition to school preschool program for children with autism.

Leave with some free SDN goodies!

At SDN, experience a village you can call your own.



Scan the code
to register now
for free

sdn
children's services



BRINGING UP GREAT KIDS

PARENTING AFTER FAMILY VIOLENCE PROGRAM



Bringing Up Great Kids (BUGK): Parenting After Family Violence provides a friendly and safe environment for parents to learn from each other and begin a journey of understanding and healing themselves and their children from the impacts of family violence.

Program Content:

- Understand how family violence affects parents' relationship with their child.
- Identify important messages that parents want their children to know.
- Learn more about brain development in children and how this influences their thoughts, feelings and behaviour
- Understand the meaning behind behaviours, and how to respond to children's underlying feelings and needs
- Learn about your own parenting wisdom, strength and courage.

This group is suitable for parents with children aged 12 years- 18 years.

When: Tuesday 18 July- 29 August (7 weeks)

Time: 10am-12pm

Where: The Deli Women & Children's Centre
72 Maloney St, Eastlakes 2018

Cost: FREE course with limited childminding

Bookings: Please contact us on 9667-4664 or contactus@thedeli.org.au



ENTRY CRITERIA APPLIES.

This Program has been proudly sponsored by City of Sydney RSL, Club York and City Tattersalls.



CIRCLE OF SECURITY PARENTING WORKSHOP

Circle of Security Program is an evidence-based approach that helps form secure attachment between a child and parent. The **Circle of Security** provides a 'map' for caregivers to navigate parenting while juggling other demands in life.

Learn to:

- Understand your child's emotional world by learning to read their behaviour
- Understand your child's need to explore and learn about their world;
- Help your child to get to know their feelings and how to calm down;
- Find the confidence to set age appropriate limits and take charge when necessary by being bigger, stronger, wiser and kind as a parent;
- Feel less stressed and more competent and joyful as a parent.

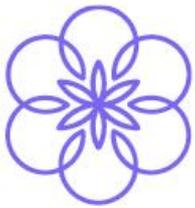
The program is most suitable for parents and caregivers of children aged between 0 and 5 years old, but the approach can be applied until adolescence.

When: Monday 31 July- 28 August 2023 (5 weeks)
Time: 10am-12pm
Where: The Deli Women & Children's Centre
72 Maloney St, Eastlakes 2018
Cost: FREE course with limited childminding
Bookings: Please contact us on 9667-4664 or contactus@thedeli.org.au

ENTRY CRITERIA APPLIES

This Program has proudly been sponsored by The Coast Golf Club Ladies Committee





**THE DELI
WOMEN &
CHILDREN'S
CENTRE**

BLACK BOX PARENTING PROGRAM

An innovative program developed specifically for the challenges after disruption in family life such as: loss, family breakdown and/or family violence. The program is a great, non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges after experiencing domestic & family violence.

- When:** Wednesday 11 October- 6 December 2023
9 weeks
- Time:** 10am-12pm
- Where:** The Deli Women & Children's Centre
72 Maloney St, Eastlakes 2018
- Cost:** FREE group and childminding
- Bookings:** Please contact us on 9667-4664 or
contactus@thedeli.org.au

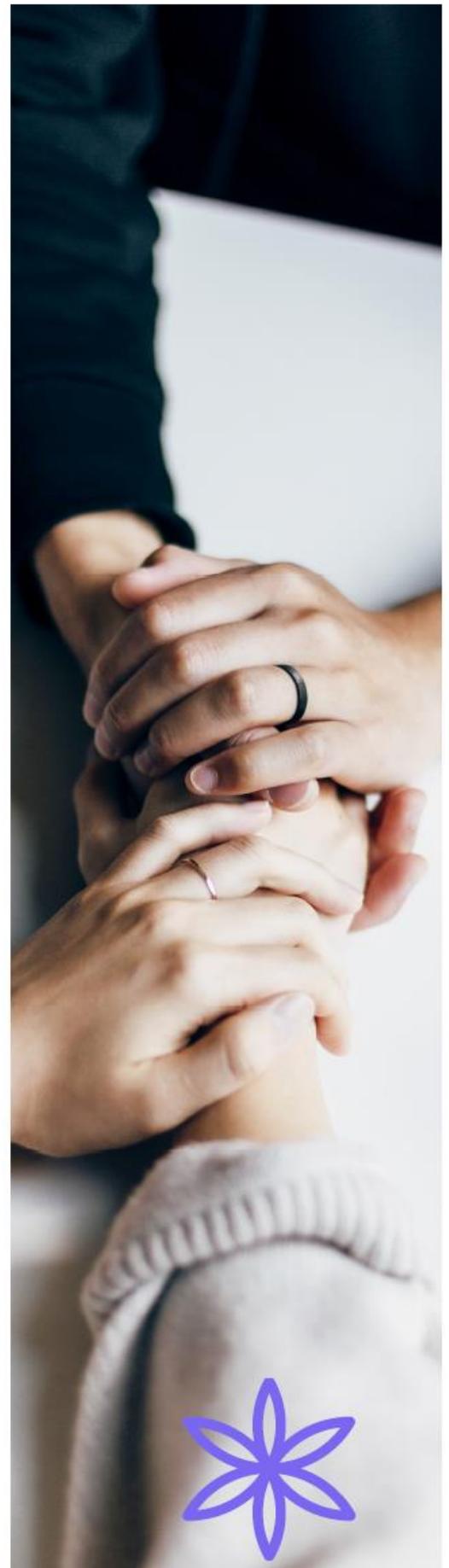
ENTRY CRITERIA APPLIES.

This Program has proudly been sponsored by The Coast Golf Club Ladies Committee



contactus@thedeli.org.au
Tel: 02 9667 4664

The Deli Women & Children's Centre
72 Maloney St, Eastlakes 2018





Always Mum supports mothers and grandmothers who currently have children in Out of Home Care and are seeking to re-establish or improve their relationships with their children.

7 Weeks
My Kids & Me
Parenting
Education
(CatholicCare)

JOIN US FOR *10-Week Program:*

Therapeutic
Case
Management &
Advocacy

3 Weeks
Domestic
Violence
Education

Legal Advice &
Education from
Women's Legal
Service NSW



TERM 3 STARTING

Wednesday
19 July 2023

10:00 am - 12:30 pm



LOU'S PLACE

67 Renwick Street
Redfern

FOR REGISTRATION & ENQUIRIES

Please contact Alice

 9358 4553

 alice@lousplace.com.au

Program Cost: \$10



Agency Referral Form

Eligibility Requirements:

- Eligibility is determined by having at least one child currently in OOHC.
- The Children's Court and Department of Communities and Justice (DCJ) must be currently involved, or Final Orders must be in place placing the child/ren in an out-of-home, foster, kinship care or Guardianship arrangement.
- Mothers with child protection matters interstate but living in NSW are eligible.
- Women who are pregnant and have or are likely to have DCJ involvement are eligible.
- Any Family Court matters are not sufficient for eligibility requirements.

Client Details

Name:		D.O.B:	
Phone:		Email:	

Reason for Referral

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Referrer Details

Name:		Organisation & Role:	
Phone:		Email:	

Connecting THROUGH Change



NEXT GROUP STARTING



Thursday
20 July 2023

10:00 am - 12:30 pm

A 7-week psycho-therapeutic program for women who have experienced, or are experiencing, domestic and family violence and wish to learn more about the complexities and nuances of their experiences within a safe and empowering space.

FOR REGISTRATION & ENQUIRIES

Please contact Shazya

 9358 4553

 shazya@lousplace.com.au



67 Renwick Street
Redfern



TOPICS EXPLORED

This program aims to provide a comprehensive and holistic approach to understanding domestic and family violence, promoting healthy relationships, and empowering participants to prioritize their well-being and seek the necessary support.

1

A deeper understanding of domestic and family violence, including warning signs, power, and control dynamics.

2

Insights to recognize, address, and advocate for healthy relationships free from violence.

3

Exploring trauma responses and coping mechanisms

4

Building healthy relationships and boundaries

5

Nurturing self-care and well-being practices

6

Enhancing communication and assertiveness skills

7

Developing strategies for future goal setting and accessing supports

8

Cultivating resilience and post-traumatic growth



Agency Referral Form

Eligibility Requirements:

- Women who have, or are, experiencing domestic and family violence.
- The women we support may still be within their abusive relationships, recently left their abusive relationships, still experiencing the abuse after leaving, or working through the ongoing impacts of the trauma they experienced whilst they were in their abusive relationship/s.

Client Details

Name:		D.O.B:	
Phone:		Email:	

Reason for Referral

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Referrer Details

Name:		Organisation & Role:	
Phone:		Email:	



THE ACAP CLINIC

A not-for-profit training clinic staffed by supervised final year psychology, psychotherapy, counselling, and social work students.

We celebrate, value, and include people of all backgrounds, genders, sexualities, cultures, language groups, bodies, and abilities for all ages.

- ✔ Individual Therapy
- ✔ Art for Happiness
- ✔ Mindfulness Group
- ✔ International Student Wellbeing Drop-In Group
- ✔ Psychometric Testing
- ✔ Building Self-Compassion Group
- ✔ Social Anxiety Group
- ✔ Compassionate Mind Training

All services
are currently
FREE

🖱 [acap.edu.au/applied-psychology/
psychology/psychology-clinic/](https://acap.edu.au/applied-psychology/psychology/psychology-clinic/)

✉ psychclinic@clinic.acap.edu.au

☎ (02) 8236 8070

Services available via Zoom or face-to-face in
Sydney, Melbourne, Brisbane, Perth and Adelaide.

ACCESS FAMILY MEDIATION

Email completed form to sydneyfrc@ransw.org.au

Access Family Mediation Services is a post-separation service provided by Relationships Australia NSW. We help with post-separation challenges, such as the parenting and care of children, financial arrangements and how to divide property.

Referrer Details

Name:

Email:

Phone:

Organisation Address:

Organisation:

Has the person you are referring been consulted and have they consented to this referral being made?

Yes

No

Client Details

First Name:

Last Name:

Date of Birth:

Gender Identity:

Phone:

Home Address:

Email:

Language

Preferred Language:

Interpreter Required?

Yes

No

Referer

I confirm that the client understands and has given (informed) verbal consent to being contacted by Relationships Australia NSW to arrange an appointment.

Name:

Signature:

Access Family Mediation Services

Support to help you through separation.



Relationships Australia
NEW SOUTH WALES

About us

Relationships Australia NSW is a not-for-profit organisation which helps build and support relationships that are safe, healthy and strong. With over 70 years of experience, we offer judgement-free relationship support to people of all cultural backgrounds, family structures, gender identities and sexual orientations.



What we offer

Access Family Mediation Services provides valuable support to help you manage relationship breakdown. This includes challenges around post-separation parenting and the care of children, financial arrangements and how to divide property.

We offer a flexible approach with online and telephone support to most areas within NSW.

Who we help

We recognise people's backgrounds, values, family circumstances and connections are diverse, and work with people from all walks of life. We have extensive experience working with a wide range of families including Aboriginal and Torres Strait Islander families, regional and rural NSW families, people with disabilities and families from culturally and linguistically diverse backgrounds.

We are also able to work with carers, support workers and interpreters when required.

Fees

We pride ourselves on making our services accessible and have a sliding fee scale. All individual mediation sessions prior to joint sessions are free of charge.

Fees can be waived in cases of financial hardship.

How we help

Changes to family structure and dynamics, especially during separation or divorce, can be incredibly challenging – on the individuals involved, on extended family members, and any children who may be affected. We provide a range of services to help.

Parenting agreements

We can help you establish a child-focused written agreement that covers practical matters relating to your children such as living arrangements, effective communication, child support, education, healthcare, holiday arrangements and more.

Property and financial agreements

We help you negotiate your own mutually acceptable agreement around property, cash, assets and liabilities.

Other Supports

In addition, we can also help with:

- Family Law information and referrals
- Child-inclusive family dispute resolution
- Court-ordered dispute resolution
- Lawyer-assisted family dispute resolution
- Domestic and family violence support
- Post-separation seminars and groups for parents and carers
- Counselling support.



Contact us for more information or to make an appointment

No referral is required. Simply call or email us to see how we can support you.

Call: 1300 364 277

Email: enquiries@ransw.org.au

Website: relationshipsnsw.org.au/mediation



Our staff

Our Family Dispute Resolution Practitioners (Mediators) are skilled and sensitive with professional qualifications and experience including family dispute resolution, law, social work, psychology and counselling.

CAPS

Children and Parenting Support



CAPS is a
free
service

We run
supported playgroups
for families living in
Parramatta, Cumberland
and Blacktown Local
Government Areas

Who we support

- ▶ *families that have children between 0-12.*
- ▶ *families from all cultural and linguistic backgrounds.*

What we can do

- ▶ provide individual support through Home Visits to discuss about the situation and plan support
- ▶ we deliver evidence-based parenting programs
- ▶ give information on child development and learning
- ▶ provide referrals and advocacy to services in the community
- ▶ provide information and support on how to access early education and care and/or transition to school
- ▶ give information on any financial help the families may be eligible for (i.e., NDIS, Child Care Subsidy)



Inner City Region | Canterbury | Parramatta

Please call **1300 831 445** or email **fss@sdn.org.au**

JUL-DEC 2023

Parenting Workshops



JULY



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

A safe environment for parents 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.

Tuesdays 18, 25 July & 1, 8, 15, 22, 29 August (7 weeks), 10am-12pm

The Deli Women & Children's Centre

Facilitator: Jennifer Wu

Childcare: Yes, booking required

Bookings: Open 1 May. Call on 9667 4664 or email contactus@thedeli.org.au

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

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

Monday 24 July, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open June.

Visit bit.ly/SECCprograms.

Contact Sarah Neville 7903 0607 or familysupport2@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 25 July, 1 & 8, 15, 22, 29 August 10:30am-12:30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 27 June. Contact

Emma Dunford on 9349 8200 or email

families@jnc.org.au

DADS AND KIDS EVENT (0-13 YEARS) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES/MALE ROLE MODELS)

Bring your kids along to an afternoon of games, soccer and food. Highlighting the importance of play and development through various play based activities. Social support, engage with your child/fren and have fun.

Saturday 29 July, 2-4pm

Botany (venue TBA)

Facilitator: Tim Wemyss

Childcare: Come along with your child

Bookings: Open 11 February. Contact

Rachael Atkins or Tim Wemyss 9666 5047 or

rachael.a@bfcc.org.au or

tim.wemyss@thefatheringproject.org

CIRCLE OF SECURITY PROGRAM (ALL AGES)

Strengthen your skills in observing and connecting with your child to understand their needs. Increase enjoyment, connection and security in your relationship with your child.

Mondays 31 July, 7, 14, 21, 28 August (5 weeks), 10am-12pm

The Deli Women & Children's Centre

Facilitator: Jennifer Wu

Childcare: Yes, bookings required

Bookings: Open 1 May. Call on 9667 4664 or email contactus@thedeli.org.au

AUGUST

TANTRUMS AND BEHAVIOUR GUIDANCE (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 8 August, 10am-12pm

Online, via Zoom

Facilitator: Germaine Alber & Gillian Newton

Bookings: Open 3 July.

Contact Germaine & Gillian on 9666 5047 or germaine.a@bfcc.org.au

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 15, 22, 29 August & 5, 12, 19 September (6 weeks), 10am-12pm

Botany Family and Children's Centre,

13 Banksia Street, Botany

Facilitator: Evellen Tawdros &

Daniela Herrera

Childcare: No

Bookings: Open 18 July. Contact Evellen on

9666 5047 or evellen.t@bfcc.org.au



THE IMPORTANCE OF PLAY – A TOOLBOX TALK (ALL AGES) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES AND MALE ROLE MODELS)

The second in a series of toolbox talks for Dads. Come along and learn about the importance and value of play. Children develop through play based learning activities, what can you do to engage positively and help them thrive.

Thursday 17 August, 5-6.30pm

Botany Family and Children's Centre

Facilitator: Tim Wemyss

Childcare: No

Bookings: Open 20 July. Contact Rachael

Atkins or Tim Wemyss 9666 5047 or

rachael.a@bfcc.org.au or

tim.wemyss@thefatheringproject.org

PARENTING WITH CLARITY & CONFIDENCE (0-18 YEARS)

Reduce parental anxiety & worry. Boost your parenting resilience & self-regulation skills that will benefit the entire family.

Friday 25 August, 10am-12pm

St Brigid's Parish Hall, 135b Brook St

Facilitator: Susanne North

Childcare: Children and babies welcome

Bookings: Open 25 July.

Call on 0416 186 117 or email susanne@susannenorth.com.au

SEPTEMBER

SPEECH MILESTONES – SCHOOL READINESS (3-6 YEARS)

School Readiness speech milestones for your child before they begin Kindergarten. Referral pathways for parents/carers.

Monday 4 September, 9.30-11.30am

Online, via Zoom

Facilitator: Speech pathologist from Sydney Children's Hospital

Bookings: Open July.

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 4, 11, 18 September 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Ruming Yang

Childcare: No

Bookings: Open July.

Visit bit.ly/SECCprogram. Contact Ruming

Yang or Emily Simpson on 7903 0607 or

hubadmin@secc.sydney

HELPING YOUNG CHILDREN SLEEP (1-10 YEARS)

Learn why some kids have sleep troubles, and practical ways to help everyone get a good night's sleep.

Wednesday 6 September, 10-11.30am

Online, via Zoom

Facilitator: Madeleine Winter

Bookings: Open 9 August.

Visit Eventbrite, Contact Madeleine on

0403 779 955 or

madeleine@madeleinewinter.com

SMALL STEPS – TRANSITION TO HIGH SCHOOL WORKSHOP (YEAR 5 & 6 STUDENTS)

The presentation provides parents/carers with tools and strategies to support children who are transitioning to High School.

Tuesday 12 September, 10.30am-12pm

Daceyville Public School

Facilitator: WayAhead educator JNC

Childcare: Yes

Bookings: Open 15 August.

Visit Eventbrite, Contact Emma Dunford on

9349 8200 or families@jnc.org.au

OCTOBER

BLACK BOX PARENTING (ALL AGES)

A non-blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after experiencing domestic & family violence.

Wednesdays 11, 18, 25 October & 1, 8, 15, 22 & 29 November, and 6 December 10am-12pm

The Deli Women & Children's Centre

Facilitator: Jennifer Wu & Juliette Ferrer

Childcare: Yes, booking required

Bookings: Open 1 May. Call on 9667 4664 or email contactus@thedeli.org.au

*Entry Criteria Apply



MINDFULNESS FOR POSITIVE CHILD DEVELOPMENT (0-8 YEARS)

This program will explore the various mindfulness strategies that contribute to positive childhood development.

Thursdays 12, 19 & 26 October, 10-11.30am

Location TBC

Facilitator: JNC

Childcare: Yes, limited

Bookings: Open 14 September.

Visit Eventbrite, Contact Emma Dunford on

9349 8200 or families@jnc.org.au

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

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

Monday 16 October, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open June.

Visit bit.ly/SECCprograms.

Contact Sarah Neville 7903 0607 or

familysupport2@secc.sydney

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 16, 23 & 30 October, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Ruming Yang

Childcare: Yes, limited

Bookings: Open July.

Visit bit.ly/SECCprogram. Contact

Ruming Yang or Emily Simpson on

7903 0607 or hubadmin@secc.sydney



SINGLE PARENTS 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 17, 24, 31 October & 7, 14 & 21 November, 10.30am-12.30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes, bookings essential

Bookings: Open 19 September. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

THE MODERN DAY DAD – A TOOLBOX TALK THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES/MALE ROLE MODELS)

The third in a series of toolbox talks for Dads. The traditional role of father's is changing. Join in the discussion about how to navigate and gain insight into modern day parenting.

Thursday 19 October, 5-6.30pm

Botany Family and Children's Centre

Facilitator: Tim Wemyss

Childcare: No

Bookings: Open 21 September. Contact Rachael Atkins or Tim Wemyss 9666 5047 or rachael.a@bfcc.org.au or tim.wemyss@thefatheringproject.org

EARLY COMMUNICATION WORKSHOP – SCHOOL READINESS (PRESCHOOL AGE)

The workshop covers speech and language milestones of preschoolers, the concept of language and literacy, essential skills for the first year of school, and strategies to encourage language and literacy development in preschoolers.

Tuesday 24 October, 10.30am-12.30pm

Location TBC

Facilitator: Speech Pathologists from Sydney Children's Hospital

Childcare: Yes, limited. Booking essential

Bookings: Open 26 September. Contact Emma Dunford on 9349 8200 or families@jnc.org.au

POSITIVE PARENTING (2-18 YEARS)

Build positive relationships with your children and feel good about your day-to-day parenting. Learn simple & immediate tools to reduce challenging behaviour.

Friday 27 October, 10.30am-12pm

St Brigid's Parish Hall, 135b Brook St

Facilitator: Susanne North

Childcare: Children and babies welcome

Bookings: Open 27 September. Contact Susanne North on 0416 186 117 or susanne@susannenorth.com.au

NOVEMBER

SETTING LIMITS AND BUILDING CO-OPERATION (2-12 YEARS)

Build a better relationship with your child using this parent-tested, practical approach to limit setting that will be a positive experience for everyone.

Wednesday 1 November, 10-11.30am

Online, via Zoom

Facilitator: Madeleine Winter

Bookings: Open 4 October. Visit Eventbrite. Contact Madeleine Winter on 0403 779 955 or madeleine@madeleinelwinter.com

SMALL STEPS – MANAGING BIG SCHOOL ANXIETY (PRESCHOOL TO YEAR 1)

The workshop helps parents identify and address school attendance anxiety in primary school children by exploring related behaviors and providing tools to support and prevent school avoidance or refusal.

Tuesday 8 November, 10.30-11.30am

Location TBC

Facilitator: WayAhead educator JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 11 October.

Contact Emma Dunford on 9349 8200 or families@jnc.org.au

DADS AND KIDS EVENT (0-13 YEARS) THE FATHERING PROJECT (FOR FATHERS/FATHER FIGURES/MALE ROLE MODELS)

Come and join us for our End of Year finale. The theme is having fun, engaging and connecting with your kids, games, guessing competitions and more.

Saturday 11 November, 2-4pm

Location TBA

Facilitator: Tim Wemyss

Childcare: Come along with your child

Bookings: Open 6 October. Contact Rachael Atkins or Tim Wemyss 9666 5047 or rachael.a@bfcc.org.au or tim.wemyss@thefatheringproject.org



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 13, 20, 27 November & 4, 11 December, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Ruming Yang

Childcare: No

Bookings: Open August. Visit bit.ly/SECCprogram. Contact Ruming Yang or Emily Simpson on 7903 0607 or hubadmin@secc.sydney

SMALL STEPS – TRANSITION TO HIGH SCHOOL WORKSHOP (YEAR 5 & 6 STUDENTS)

The presentation provides parents/carers with tools and strategies to support children who are transitioning to High School.

Tuesday 28 November, 10.30am-12pm

Banksmeadow Public School

Facilitator: WayAhead educator JNC

Childcare: Yes, limited. Booking essential.

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

DECEMBER



SPEECH MILESTONES (0-6 YEARS)

Speech milestones for your child & referral pathways for parents/carers.

Monday 4 December, 9.30-11.30am

Online, via Zoom

Facilitator: Speech pathologist from Sydney Children's Hospital

Bookings: Open July.

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

Speakers

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.

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.

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.

Jennifer Wu is the Family Support Coordinator, Early Childhood Specialist and an Accredited Groups Facilitator with over 20 years' experience. Her aim is to support parents and/or families in trauma to build their confidence and parental capacity providing child development knowledge, positive behaviour guidance techniques with a strong focus on attachment principles.

Juliette Ferrier is the Therapeutic Services Coordinator and Counsellor with over 10 years' experience. She is a domestic violence specialist having worked extensively with women and families healing from trauma.

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.

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 has a degree in psychology and 10 years' experience working with children and families in clinical settings and non-government organisations. Throughout his time with The Fathering Project Tim has written a parenting program, supported many fathers, father figures and role models to be the best fathers they can be.

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 offers trauma counselling, supported playgroups, education, family support, advocacy, referrals and groups for women and children.

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.

resourcingparents.nsw.gov.au

An easy to navigate site packed full of useful information including parenting education courses and early learning events covering NSW.

playgroupnsw.org.au

Find a playgroup near you.

mychild.gov.au

An easy to navigate site packed full of 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.

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.





TAFE FEE FREE COURSES

SEMESTER 2, 2023

ULTIMO, PETERSHAM, RANDWICK COLLEGES
Career Pathways and Employability Skills

BSB20120 Certificate II in Workplace Skills
@ Ultimo, Petersham, Randwick

11009NAT Certificate 1 in Access to Work & Training
Work Opportunities for Women @ Petersham

901-00040V01 Statement of Attainment in Beginner Computing
Skills @ Ultimo, Petersham, Randwick

900-82834V01 Statement of Attainment in Prepare for Computing
Pathways @ Ultimo, Petersham, Randwick

10973NAT Course in Skills for Further Learning and Engagement
Computing Basics @ Ultimo, Petersham, Randwick
Introduction to Floristry @ Ultimo
Introduction to Urban Food Growing @ Petersham

CSO5555 TAFE Statement in Education & Employment Pathways
Microsoft Skills for Work and Study @ Ultimo, Petersham

For more information please call or email:
P:7921 0580 E:ULTCPES@tafensw.edu.au

INFORMATION SESSIONS

**RANDWICK - TUESDAY 18
JULY 2023**
**ULTIMO PETERSHAM -
WEDNESDAY 19 JULY 2023**

10AM-12PM

ULTIMO
Building M Room 2.01

PETERSHAM
Building C Room 3.21

RANDWICK
Building A Room 2.13

Note: USI Students are required to obtain a Unique Student Identifier (USI). Please go to www.usi.gov.au to get your USI number

COST:

*Free This training is subsidised by the NSW Government. Eligibility criteria apply.

ELIGIBILITY:

Australian citizens, New Zealand citizens, Permanent residents, and humanitarian visa holders are eligible

Explore. Enquire. Enrol.
tafensw.edu.au/coursearea
131 601



TAFE
NSW

**COURSE DETAILS CPES
SEMESTER 2, 2023**

COURSE	COLLEGE	DAY/TIME/DATE
BSB20120 Cert II Workplace Skills	ULTIMO PETERSHAM RANDWICK	Tu,We,Th 10:00am-2:30pm 8 Aug-8 Dec Mon,Wed 5:30pm-8:30pm 24 Jul-5 Jun 2024 Mon,Thu10:00am-1:30pm 24 Jul-6 Jun 2024
900-82834V01 Statement of Attainment in Prepare for Computing Pathways	ULTIMO PETERSHAM RANDWICK	Mon 9:30am-2:00pm 24 Jul - 20 Nov Thurs 9:30am-2:00pm 27 Jul- 23 Nov Tues 9:30am-2:00pm 25 Jul - 21 Nov
901-00040V01 Statement of Attainment in Beginner Computing Skills	ULTIMO PETERSHAM RANDWICK	Fri 10:00am-2:30pm 28 Jul - 24 Nov Thurs 10:00am-2:30pm 27 Jul - 23 Nov Wed 12:30am-5:00pm 19 Jul - 15 Nov
11009NAT Certificate 1 in Access to Work & Training Work Opportunities for Women	PETERSHAM	Mon and Tues 9:30am-3 :00pm 17 Jul - 28 Nov
10973NAT Course in Skills for Further Learning and Engagement		
Computing Basics	ULTIMO	Wed10:00am-1:00pm 26 Jul - 15 Nov
Computing Basics	PETERSHAM	Wed 9:30am-12:30pm 2 Aug - 22 Nov
Computing Basics	RANDWICK	Wed 9:30am-12:30pm 19 Jul - 8 Nov
Urban Food Growing	PETERSHAM	Wed 9:00am-1:00pm 26 Jul - 15 Nov
Introduction to Floristry	ULTIMO	Fri 9:30am-2:30pm 4 Aug - 10 Nov
CSO5555 TAFE Statement in Education & Employment Pathways		
Microsoft Skills for work & study	PETERSHAM	Fri 9:30am-2:00pm 18 Aug-10 Nov
	ULTIMO	Thurs 9:30am-1:30pm 27 Jul-23 Nov

WE GET COMPLEX MENTAL HEALTH

SANE offers connection, community and continuity to support people with complex mental health issues and their families and carers.

We want everyone in Australia who is impacted by complex mental health issues to have somewhere to come for support and belonging. You are not alone at SANE!

Severe Anxiety and Anxiety Disorders	Psychosis	
Schizophrenia	Borderline Personality Disorder	Bipolar Disorder
Post Traumatic Stress Disorder	Complex Response to Trauma	Dissociative Identity Disorder
Severe Depression and Depressive Disorders	Intellectual Disability & Mental Health Issue	Obsessive Compulsive Disorder
Eating Disorders	Acquired Brain Injury & Mental Health Issue	Post-natal Psychosis/ Anxiety/ Depression
	Panic Disorder (Panic Attacks)	Autism & Mental Health Issue

SUPPORT WHEN YOU NEED IT

Our support team is here to provide the support, connection and resources that work for you or someone you care about!

Call us or fill in our online referral form to get started.

 1800 18 7263 (10am-10pm)

 sane.org/referral



SANE Australia
700 Swanston St, Carlton, VIC 3053
 sane.org  saneservices@sane.org

SANE

We're people like you.

COMPLEX MENTAL HEALTH SUPPORT WHEN YOU NEED IT.



SANE SERVICES

SANE offers a range of free digital and telehealth support services for people in Australia (over the age of 18 years) with complex mental health issues, autism or intellectual disability, and their families and carers.

-  **1:1 or group counselling**
-  **Peer support**
-  **Weekly online groups, covering specific mental health topics**
-  **24/7 Community Forums**
 - Lived Experience
 - Family & Carers
-  **Social & art groups for creativity and connection**
-  **Online tools, blogs, factsheets and stories**
-  **Tailored Support Plan using our Guided Service - currently rolling out across Australia**

Our safe and inclusive community of support has been designed and informed by people who have lived experience, in line with the latest clinical evidence.

You can feel comfortable reaching out to us at whatever stage you are at in your journey. We warmly welcome you to join our SANE community.

GUIDED SERVICE

SANE's new guided service combines our range of digital and telehealth supports, tailored by you to meet your needs and preferences.

In joining this new free service, you will be connected with a dedicated support team of mental health professionals across lived experience and mental health counselling. Together, you will create a flexible and personalised support plan to address your goals.



You can choose a mix of ongoing support that could include counselling, peer support sessions, and groups. You might like to take part in drop-in art groups, or other online social groups. You can choose what works for you and make adjustments as your needs change.

We work differently - your dedicated support team will check in with you to ensure the program is working for you, and follow up along the way.



You'll also have access to a secure online portal, where all of your goals, appointments, booking tools, and resources will be accessible to you.

Benefits of a tailored support plan:

- improved recovery (mental, physical, and emotional wellbeing)
- increased social connectedness
- improved quality of life
- support while you wait for other mental health services

Our guided service is currently being rolled out across Australia.

To check if you live within an eligible area, visit sane.org/referral, scan the QR code below, or call our friendly support team.

GUIDANCE & SUPPORT

Our support team is here to provide the support, connection and resources that work for you or someone you care about!

 1800 18 7263 (10am-10pm)  sane.org/referral



Strong Relationships Strong Communities

Our relationship support services are guided by an Aboriginal Staff Network, here to help you with a range of family and personal issues.



Mariyang Malang
Onwards Together



What we do

The aim of Relationships Australia NSW is to promote relationships that are healthy and strong. We are here to help you through the tough times with safe and respectful support services, including:

- Counselling for individuals, couples and families
- Aboriginal counselling services (in some centres)
- Relationship and parenting skills education
- Children and adolescent services
- Services for separating families
- Family dispute resolution
- Children's contact services for separated parents
- Family safety programs
- Services for people who have been in out of home care.

Visit our NSW centres or access services online.

- Sydney City
- Western Sydney
- Northern Sydney
- Northern Beaches
- Illawarra
- Hunter / Central Coast Region
- Bathurst Region
- South Coast

Contact us

Call us today to speak to someone or visit our website.

We're here during difficult times. Reach out today.

relationshipsnsw.org.au

1300 364 277