

Terms Three and Four 2010

GENERAL GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Thursdays, 22 July-19 August, 2010	Being a Dad	Being a Dad is really tough – if you think you need some help why not try this four session group where you can meet other dads with similar challenges? The group will help you connect and work with your children.	Marymead 6.00pm – 9.00pm	\$50 \$25 conc. Dinner provided	Terry Norman Ph. 6162 5851
Fridays, 30 th July to 24 th September, 2010	My Family First	A nine week group based program for parents whose children are in statutory care. This course helps parents to develop skills in communicating with Care and Protection Services, managing their emotions and understanding the systems involved.	Narrabundah 10am – 12 noon	Free	BCS Moir Ph 6278 8130
Tuesdays 20 th July-10 th August 2010	Managing your Anger Emotion	A four session group to help Dads understand, accept and work with their anger emotion in a positive and non-aggressive manner.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Mondays, 26 th July-16 th August, 2010	Self-care for Mums	A four session group for mums who have a busy life and find little time for themselves. Both you and your family will benefit from making time for you a habit. Fun and educational.	Marymead Lunch included 10 am – 1.30 pm Assist with transport & childcare	\$40/\$20 concession	Mary Ford Ph:6162 5872
Tuesdays, 3 rd August-7 th Sept, 2010	Parenting for Positive Relationships	A six session group for mums wanting to strengthen their relationship with their children and other family members. Topics include the nature of relationships, strengthening interactions with children, and the basis for good communication	Marymead Lunch included 10 am – 1.30 pm Assist with transport & childcare	\$60/\$30 concession	Mary Ford Ph:6162 5872
Run each term. Beginning Thursdays, 5 th August, Mon and Wed 18 & 20 October, 2010	Parent Effectiveness Training (P.E.T)	Eight week course. An evidence-based, highly practical course about making and maintaining a good relationship with your children, based on mutual respect. P.E.T helps your child develop self-discipline, by NOT using rewards or punishment. Teaches listening, assertiveness and win-win conflict resolution skills. Is the 'how to' of emotional intelligence and resilience.	Family Relationships Centre, Woden 7 – 10.15 pm	POA	Larissa 041 345 1607

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Tuesdays, 17 August-7 th Sept OR Wednesdays, 25 aug-15 Sept, 2010	Accepting and valuing strong emotions	A four session group to help dads acknowledge and explore their primary emotions and deal with issues that affect their daily life.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Tuesdays 7 and 14 September, 2010	Parenting with Respect (in those anger moments)	Sessions discuss helping parents improve their understanding of anger and other strong emotions, and the way these effect interactions with children. Then looking to improve outcome for children through nurturing of their resilience.	Gilmore Family Cottage 7 – 9pm	\$25 per family	Chris Cook Comms@work Ph 6293 6549
Tuesdays, 12, 17 th , 26 th Oct & Wed 3 Nov, 2010	Strong Emotions and Family Relationships.	A four session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners.	Marymead 6.00pm – 9.00pm	\$20 \$10 conc. Dinner provided	Terry Norman Ph. 6162 5851
Tuesdays, 19 th Oct-23 rd Nov, 2010	Parenting for Positive Behaviour	A six session group for mums wanting to strengthen their skills for encouraging positive behaviour in their children. Topics include the causes of problem behaviour, changing behaviour, encouraging desirable behaviour and managing inappropriate behaviour.	Marymead Lunch included 10 am – 1.30 pm	\$60/\$30 concession	Mary Ford Ph:6162 5872
Thursdays, 14 th Oct-4 Nov, 2010 or Wednesdays 10 th Nov-1 Dec, 2010	Parenting for Positive Behaviours	Having difficulty with your parenting role? Meet other dads who understand your situation and together discover skills to encourage positive behaviours in your children.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Wednesdays, 22 Sept-13 Oct, 2010	Strong Emotions and Family Relationships.	A four session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Tuesday, 26 th October 2010	The Self-esteem of Children/Teenagers and Bullying	This workshop will look at the factors affecting the self-esteem of children, and how to deal with bullying in a child’s life.	Tuggeranong Youth Centre 9.30am-2.30pm	\$25/family (two sessions included)	Chris Cook Ph 6293 6549
Tuesday, 26 th or Wednesday, 27 th October 2010	The Self-esteem of Children/Teenagers and Bullying	This workshop will look at the factors affecting the self-esteem of children, and how to deal with bullying in a child’s life.	Tuggeranong Youth Centre 7 – 9pm	\$25/family	Chris Cook Ph 6293 6549



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TBA	Stepping Stones	A practical course to help family members cope with drug and alcohol issues. A 72 hour course that covers topics such as: coping with stress and anger, communication skills, boundary and limit setting, so that you have the resources to maximise the help getting to the substance user.	Calvary Hospital Functions room. Two weekends – phone for details	\$30 per family (includes booklet)	Alcohol and Drug Program and Ted Noffs Foundation. Ph. 6207 9977
Thursdays, 11 th Nov-2 nd Dec, 2010	Stress and Anger Management for Dads	Is balancing your competing roles as a nurturing father and family provider stressing you? Meet other dads facing similar dilemmas and together discover strategies for reducing stress.	Tuggeranong Community Centre.	\$40 Dinner provided	Terry Norman Ph. 6162 5851 & Comms @ Work
Tuesdays 16th Nov – 7 th Dec 2010	Strong Emotions and Anger Management.	A four session group to help dads understand and work with their anger emotion non-aggressively.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Includes dinner	Terry Norman Ph. 6162 5851
By appointment	Children’s Behaviour and Well-being Clinic	Single session consultations with clinicians, for parents and children to identify concerns, provide information on child development and behaviours, discuss strategies to address the concerns, and support your family to link in with appropriate services.	Child and Family Centre Gungahlin	Free	Gungahlin Child and Family Centre Ph 6207 0120

UNDER FIVES

Date	Course Name	Description	Venue/time	Cost	Contact
TBA	Parents as Teachers	Group sessions throughout 2008 focusing on the key areas of development at different ages and stages – from birth to 3 years.	TBA		Tuggeranong Child and Family Centre Ph 6207 8228
Information sessions on request	Topical talks	Information sessions on request for various parent groups on topics such as Practical Behaviour Tips, Toilet Learning, Play to Learn and Learn to Play.	Contact intake worker to arrange a talk.		Tuggeranong Child and Family Centre Ph 6207 8228
August, 2010	And Baby Makes Three	This program looks at typical issues that arise within the couple relationship after the birth of a baby and seeks to build on and strengthen relationships during this important and exciting time.		\$120	RA Ph 6122 7100

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Beginning Wednesday, 21 st July, 2010	Positive Parenting Program Triple P	For parents with children under 6 years. Learn and practice positive ways to manage your children’s behaviour, parent stress and anger.	Kippax Health Centre Holt 10am – 12pm		Yolanda Ph 6278 8115
TBA	Parent and Infant Relationship Support(P.A.I.R.S)	A ten week program for mothers and babies for whom the experience of pregnancy, birth and parenting has been different and more difficult than expected.	Child and Family Centre Tuggeranong	Free	Tuggeranong Intake worker Ph 6207 8228
Wednesdays, School terms	Paint and Play	An outreach playgroup for children, parents and their carers. Bring your own smock. Kids do painting, play dough, stories and music. Adults join in, chat with others. Facilitated by ParentLine staff and volunteers. Bring own smock and hat.	Wakefield Gardens, Ainslie. 9.45 – 11.00 am.	Free.	ParentLine. Ph 6287 3833.
Tuesdays	Paint and Play Gungahlin	An outreach play group for children and parents of Gungahlin. Focus on children from 0 – 5. Bring your own hat and smock.	Ngunnawal Park. 9.45 – 11.00am		Gungahlin Child and Family Centre Ph. 6207 0120
Fridays.	Paint and Play, Tuggeranong	A fun time for kids aged 0 – 5 year and their parents to paint, do puzzles, meet other kids and play games. Parents can chat or join in. Grandparents and carers welcome.	Alternating - Richardson /Kambah 10 – 11.15		Tuggeranong child and family centre. Ph: 6207 8228
Tuesdays and Wednesdays mornings	Queanbeyan Playgroups	Two playgroups for parents and their young children.	Schools as Communities Queanbeyan		Maureen Ph 6297 2167
	Poppy Playgroup	A supported playgroup for parents to share experiences while having fun with children. For Mums and Dads with mental health issues.			Tuggeranong child and family centre. Ph: 6207 8228
Wednesdays Term 3: 3-4yrs Term 4: 0-2yrs	YMCA Rhyming Connections Program	Time for parents to learn songs, rhymes and stories together with their young child. This free 10 week activity is an excellent social activity for both parent and child. Program for 0-2 yrs, and 2 – 4 yrs.	Belconnen – 2-4 yrs Lyons - 0-2 yrs 9.30 – 11 am	Free	YMCA Child and Family Centre Ph 6251 1683
Tuesdays, Kambah Thursdays, Belconnen	First time parents. Rhyming Connections- Mother Goose	Time for parents to learn songs, rhymes and stories together with their young child. This free 10 week activity is an excellent social activity for both parent and child	Kambah 9.30 – 11 am Belconnen 9.30-11 am	Free	YMCA Child and Family Centre Ph 6251 1683



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Tuesdays during school term	Parents, Tinies and Toddlers	Fun and creative dance class for mums and/or dads and their small children under four years.	Hackett 10 – 11 am	\$10/family	Canberra Dance Theatre Ph 0435 025 365
	Learn, giggle and grow.	A supported playgroup where you can meet other mums and dads, share experiences while having fun playing with your children. For families 'doing it tough'.			Tuggeranong child and family centre. Ph: 6207 8228
	New Parents Groups	Information and strategies for parents of babies up to 6 months.	Canberra Health Centres	Donation	Ph: 6207 9977

PRIMARY SCHOOL

Date	Course Name	Description	Venue/time	Cost	Contact
A course run each term, dates TBA.	Triple P – Positive Parenting Program	An 8 week program, to help parents manage their children's behaviour in constructive ways, recognise causes of common child behaviour and encourage desirable behaviour in their children.	Tuggeranong Child and Family Centre Gungahlin Child and Family Centre		Tuggeranong Ph. 6207 8228 Gungahlin Ph 6207 0120
TBA 4 th term.	Triple P – Positive Parenting Program	An 8 week program, to help parents manage their children's behaviour in constructive ways, recognise causes of common child behaviour and encourage desirable behaviour in their children.	Schools as Communities Queanbeyan 1 -3 pm	Free	Maureen Ph 6297 2167

ADOLESCENTS

Date	Course Name	Description	Venue/time	Cost	Contact
Beginning 8 th Sept, and 3 rd Nov 2010	Resourceful Adolescent Program for Parents (RAP-P)	A three week program to help your teenager develop healthy self-esteem, manage your stress, prevent and manage conflict, promote harmony in your family.	Catholic Care Red Hill 6pm – 9pm	\$50	Gayle Ph: 6162 6159
Fourth term TBA	Parenting Adolescents	A six week support and discussion group providing valuable insights into communication blocks and skills to unravel them, and much more. .	Navigate Civic 6.00pm – 8.30 pm	Free A light supper provided.	YWCA Ph 6258 5933

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Thursdays, 5 th August to 9 th September, 2010	Social Support Group for Parents of Teens	This is a group run voluntarily by a parent, for parents of teens who would like to share support in a relaxed, social setting.	Kippax Health Centre 1pm – 3pm,		Lucy 6278 8108 BCS
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SUPPORT/DISCUSSION GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Each Wednesday	Majura Women's Group	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Childcare available.	Downer Community Centre 10 am to 12 pm	Low cost: Phone for details	Cath Ph 6255 8550
Each Tuesday	Brindabella Women's Group	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Childcare available.	Richardson Primary School 9.30am to 12 pm	Low cost: Phone for details	Sue Ph 6262 7374
Last Thursday of the month	Parent Support Group	For parents who have suffered the sudden and unexpected loss of a young child up to six years.	Grant Cameron Centre, Holder. 6.30 – 8 pm	Please phone before attending.	Sids and Kids ACT Ph 6287 4255
Eight sessions over two terms.	Maysoon ("women walking proudly")	A course for women with alcohol and/or other drug issues, who also have children. Sessions include: self esteem, goals, confidence and pampering.	Woden 10am – 1pm	Gold coin Includes lunch and free childcare.	Directions, ACT Ph 6122 8038
Wednesdays	Stressed Out Sisters	Enjoy some grown up time for yourself with our health and craft group while we keep an eye on your children.	Belconnen Community Service 9.30am – 12.00noon	Free childcare on site	Helen Ph 6278 4175
Tuesday mornings	PANDSI Support Group	Support group for families affected by post or antenatal depression run by trained facilitators.	Yarralumla 10am – 12 noon	Gold coin donation Free childcare	PANDSI Roberta Ph 6232 6664
TBA	Canberra Postnatal Depression Treatment Group	This is a nine week group program based on cognitive behavioural techniques. Conducted by registered psychologists, it provides skills to mother to improve mood and coping ability whilst nurturing both self-esteem and confidence in caring for babies. Suitable for mother experiencing mild to moderate postnatal depression.	Calvary Hospital Ante Natal Clinic 7 – 9pm	\$25.45 per week after medicare rebate	Emma 0433 602 176 Cassandra 0430 073 663

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Various	Mothers Group – Australian Breastfeeding Association (ABA)	Local mothers groups throughout Canberra, for all mums, children, mums-to-be (partners welcome). Social gatherings and discussions on parenting topics.	TBA – phone to find details for your area	Free for members	ABA 1800 686 2686
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GROUPS FOR PARENTS OF A CHILD WITH A DISABILITY/SPECIAL NEEDS

Date	Course Name	Description	Venue/time	Cost	Contact
Tuesdays, from week 2 to week 9 of the school term..	My Time	A support group for parents/carers of children with a disability or chronic illness. Childcare provided.	Bangalay Cres, Rivett. 11.0am – 1.00pm.	Free	Noah’s Ark Resource Centre Ph 6287 1117.
TBA	SoSAFE! Training	Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to sever intellectual disability, and Autism Spectrum disorder.	Canberra City 9am – 5pm	\$255	Sexual Health and Family Planning. Ph 6247 3077
Saturdays, during terms.	Jumping Juniors	Fun and creative dance class for 5-7 year olds with special needs and their parents/carers. Siblings may also join occasionally at no extra cost.	Canberra Dance Theatre Studio. 11.40 – 11.10am		Canberra Dance Theatre 0435 025 365

GROUPS FOR SEPARATED AND SOLE PARENTS AND/OR THEIR CHILDREN

Date	Course Name	Description	Venue/time	Cost	Contact
Thursdays, 16 th Sept- 7 th Oct, 2010.	Being a Separated Dad	This four session group is for dads who have separated from the mother of their children. The group will be looking at separation through men’s eyes and how to develop a ‘business relationship’ with your ex partner.	FRC Woden 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Mondays 25 th Oct-22 nd Nov	Separated Mums Parenting Group	A five session group for mums that have separated from the father of their children and want to explore their feelings in a	Marymead Lunch included	\$60/\$30 concession	Mary Ford Ph:6162 5872

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2010		supportive group and strengthen their sole parenting skills.	10 am – 1.30 pm		
TBA	KAYAKS – Kids and Youth are Kool post-Separation	A group for 11-14 year olds who are having difficulty with the impact of their parents' separation. Also offers groups for 8 – 11 year olds, and some individual counselling for children and young people post-separation.	Marymead, Narrabundah 3.45 – 5pm	\$80/440 concession	Gwenda Ph 6162 5829

INDIGENOUS PARENT GROUPS

TBA	Indigenous Parenting Support Service	Various programs for Aboriginal and Torres Strait Islander mums, dads and their children.	Gungahlin		Gungahlin Child and Family Centre Ph 6207 0120
Mondays	Boori's Playgroup – for Koori, Murri and TSI Mums and Dads	Parents are welcome to join this new Koori playgroup. Morning tea and lunch provided. Community bus available for pick ups.	Kippax 11.30am – 1.30pm	Free	BCS Pam Ph: 6278 8110
TBA	Tuck in Tutoring	This program is aimed at increasing the school participation of Aboriginal and Torres Strait Islander children who are in need of a little extra support. Available both during and after school..	Northside Community Service		NCS Kate Ph: 6163 0431
TBA	Tuck in Parents Program	This program has been developed in consultation with Aboriginal and Torres Strait Islander parents who want to play a more active role in their child's schooling but are unsure how to go about it.	Northside Community Service		NCS Kate Ph: 6163 0431

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) PARENT GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Wednesdays, monthly	Supporting Asian Mothers (SAMS)	A community group for all Asian mothers, single mothers and grandmothers, that meet for a meal, a chat, and other	Pearce Community Centre	\$3.00 Includes lunch	Prillisia 0422 737 751

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	Friendship group	activities.	11.00am – 2.00pm		
Thursdays, fortnightly	Multicultural Mothers Support Group	A community group for all mothers, single mothers and grandmothers.	Mura Lanyon Youth and Community Centre 11.30am – 1.30pm	Refreshment provided	Women’s Centre for Health Matters Ph 62902166
TBA	Multicultural Playgroup	The aim of the playgroup is to assist multicultural families(with children 0-5) living in Tuggeranong to settle into the community, and to provide support in nurturing their child’s development through play.			Tuggeranong Child and Family Centre Ph 6207 8228
Term 3	Disability Playgroup	A new playgroup for families who have a child under 5 with a disability, developmental delay or chronic medical condition. Siblings under 5 also welcome.			Tuggeranong Child and Family Ph 6207 8228

YOUNG PARENTS GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Wednesdays	Young Parent’s Group	Opportunity for young parents 12 to 25 years to meet and share information.	Ring for information	Free	Youth in the City Ph 6232 2444
Every second Friday.	Young Parent’s Support Group	An opportunity for pregnant and parenting young women and young fathers 25 and under to share their experiences and knowledge and to learn new skills in a fun and supportive environment.	Belconnen Youth Centre 11.30am to 1.00pm	No cost	U-TURN Youth Services Ph: 6264 0260
TBA	STEPS – Skills, Training, Empowerment, Pathways, Support	A series of weekly workshops that aim to educate and support young women (13-25) to enhance their health and well-being. Topics include: community and social connections, health and well-being, positive parenting and healthy relationships. Additional support may be provided through STEPS case-management model.	TBA 10.00am to 2.00 pm	Free. Includes free lunch and free childcare.	Gina Ph 6175 9952 0417 459 297
Thursday afternoons	Young Mum’s Group	A support group for young mothers and their children. Free lunch provided. Partnership between Barnardos and Schools as Communities.	SACC Centre Queanbeyan Primary School 12.30 – 2.30pm	Free	Barnardos, Teresa Ph 6124 3800 SACC, Maureen Ph 6297 2167

Canberra and region

PARENTING COURSE CALENDAR

compiled by



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GRANDPARENTS PROGRAMS

Date	Course Name	Description	Venue/time	Cost	Contact
Every second Wednesday of the month 21/7, 11/8, 15/9, 13/10, 10/11	Grandparents Raising Grandchildren	A program providing information and support to grandparents raising grandchildren. Monthly meetings with guest speakers and time to talk to other grandparents over lunch. Newsletter sent out monthly.	Marymead 12pm – 2.30pm	Lunch provided, some transport and childcare	Marymead Ph 61625872
Fridays, weekly during term.	Grand Jugglers	A circus skills program, through Warehouse Circus, for children 8 years and over, who are being parented by grandparents.	Warehouse Circus	Free	Canberra Mothercraft Society Ph 6205 2322