

Parenting Groups on the Central Coast - Term 4, 2011

UNITINGCARE BURNSIDE: Information & Referral Line: 1800-067-967

UNITINGCARE UNIFAM COUNSELLING & MEDIATION: Lvl 2, 15 Watt St, Gosford, 4325-9666

What Toddlers Need

What Toddlers Need is a Burnside course helping parents to understand their toddler's needs & behaviours.

This course is offered as a 4 week course

or you may attend individual sessions. All sessions are at:

Liberty Family Church Training Room, 129 Erina St, Gosford

Ph Carlie on 4325-9601. Bookings Essential. Limited Childcare available.



Understanding Your Toddler's Needs

Topics include: Your child's attachment with you; What does it mean for you as a parent; How to interact with your Toddler; What to expect.

Toilet Training Tips for Toddlers

Topics include: Knowing when your toddler is emotionally & physically ready to train; Gaining useful strategies for interacting with your toddler; how to avoid battles through being positive & praising small successes.

Tue, 11 Oct, 12.30 – 2.30pm

Tackling Toddler Tantrums

Topics include: Normal toddler behaviour; what to do about tantrums; why do they happen; setting realistic expectations; making NO work, giving positive & respectful directions; coping with the stress of being a parent.

Tue, 18 Oct, 12.30 – 2.30pm

Tucker without Tantrums

Topics include: what is normal growth patterns & appetite for toddlers; useful strategies on how to encourage toddlers to try new foods; how to create happy meal times.

Sleep – Who Needs More?

Topics include: tips on how to help your toddler go to sleep on their own; why toddlers resist going to bed; sleep patterns; developing a bedtime routine; responding to wakeful toddlers; night time fears.

Tue, 25 Oct, 12.30 – 2.30pm

Speech & Language Development

Topics include: Normal toddler language development; communication tips on teaching talking & listening skills; common concerns with stuttering, bilingualism, difficulty with sounds.

Helping Toddlers Cope with Change

Topics include: how to prepare toddlers for change; what are the important changes eg a new baby, parent's new relationship, starting childcare; how toddlers typically react to change.

Tue, 1 Nov, 12.30 – 2.30pm



Anger, Kids & Family

Learn to manage your own frustration, anger & rage when communicating with children & partners.

This 3 session Burnside course covers: Understanding anger & its affect; responding to anger triggers; beliefs & attitudes that escalate anger; diffusing anger safely; assertive communication to minimise anger; long-term affects of anger on the family; emotional reactions; teaching kids to express anger appropriately; & much more.

Chertsey Family & Community Centre, Chertsey Primary School, Willow Dr, Springfield

Ph Carlie on 4325-9601. Bookings essential. Limited childcare available.

Mon, 14, 21 & 28 Nov, 10am – 12noon

Start 'Em Right, Make it Easy (Behaviour Management for 0-8 year olds)

Empowering children & parents to be happy. This 4 week Burnside course covers: setting foundations for appropriate behaviours; Attachment Theory & what it means for you as a parent; understanding children's temperaments; normal brain development; praise & reward; developmental stages; obedience vs responsibility; boundaries; choice & logical consequences; modeling communication skills to children; time-out; what to do when you are overwhelmed by challenging behaviours; & much more.

Umina Uniting Church Community Centre, 346 Ocean Beach Rd, Umina (access via Neptune St)

Ph Carlie on 4325-9601. Bookings Essential. Limited childcare available.

Thu, 13, 20, 27 Oct & 3 Nov, 12.30 – 2.30pm

Positive Behaviour Management to Build Self Esteem

Empowering yourself & your children to develop their potential. This 4 week Burnside course covers: setting foundations for appropriate behaviours; key emotional needs for all children; play & special time; praise & rewards; developmental stages; staying positive; knowing when to ignore & distract; consequences vs punishment; quiet time & time out; building self esteem for yourself & your child; & much more.

The Entrance Community Centre (Dance Studio Room), Cnr Oakland & Battley Aves, The Entrance
Ph Carlie on 4325-9601. Bookings Essential. NO childcare available.

Wed, 2, 16, 23 & 30 Nov, 12.30 – 2.30pm



Autism – What Now? (0-8years)

Increase your understanding of your child. Lots of opportunity for discussion as well as practical & behavioural information. This 2 hour Burnside session covers: What is Autism & how will it impact on our lives; Autistic disorder, Asperger's disorder, Atypical autism; the importance of early diagnosis & intervention; ways to communicate; establishing routines; using visual supports; seeing the world through your child's eyes; learning their strengths; understanding sensory issues; concrete & literal thinking; & much more.

Liberty Family Church, 129 Erina St, Gosford

Ph Carlie on 4325-9601. Bookings Essential. Limited childcare available.

Tue, 8 Nov, 12.30 – 2.30pm

Living With Teens

This Burnside course covers: understanding adolescent development; discipline; building self-esteem; communication; sibling relationships; peer group influence; cyber challenges & more.

Groups are run during each school term at various locations across the Coast.

Ph: 1800-067-967 for more information.



Talking with your Kids

A 3 hour workshop that assists parents to talk with your kids about difficult issues that arise after separation such as; parental conflict, financial issues, taking sides, their understanding of your separation, relationships & loyalties, & dealing with step-parents. A workbook is provided with examples & ideas.

Ph Unifam on 4325-9666 for dates/venue & to book your place.

Triple P Group

Triple P is a system of easy to implement proven parenting solutions that help solve current parenting problems & prevents future problems before they arise. Promotes your child's development, manage common child behaviour problems & helps you deal with almost any situations as they arise.

Beachside Family Centre, Umina SaCC, Sydney Ave, Umina

Presented by Central Coast Family Support Services

Ph 4343-1929 for essential bookings. Limited Childcare available.

Wed, 2 Nov – 7 Dec, 10am – 12noon

Triple P Seminar Series

The seminar series will provide parents/carers with an overview & introduction to the principles of positive parenting. Parents will be given tip sheets, & there will be a question time after each session.

Seminar 1: The Power of Positive Parenting

Seminar 2: Raising Confident, Competent Children

Seminar 3: Raising Resilient Children

Warnervale Family & Community Centre, 180-188 Minnesota Rd, Hamlyn Terrace

Ph 4392-8734 for essential bookings. Limited Childcare available.

Wed, 2, 9 & 16 Nov, 10am – 12noon

Green Point Community Centre, 96 Koolang Rd, Green Point

Presented by Central Coast Family Support Services

Ph 4340-1585 for essential bookings. Childcare available.

Fri, 21 & 28 Oct, & 4 Nov, 10.30am – 12.30pm



My Time

A parent support group for parents/families/carers of young children with a disability or chronic medical condition. Trained staff assist & facilitate groups that are fun, stimulating & informative. The group allows parents/carers to meet others in a similar circumstance, share experiences, gain extra parenting info & develop skills while the children are cared for by a play-helper.

Jabiru Cottage, Northlakes Public School, San Remo

Ph: Chris on 0413-199-555 for more info.

Wednesdays, 9.30 – 11.30am

Young Families Group

A group for parents under 25 years of age & their children. The group is facilitated by a qualified Family Worker & can provide a chance to meet other young parents, educational art & craft for 0-5 year olds, creative arts & craft for adults, & a chance to enjoy cooking together. Ph Alison on 4350-9000.

Dolphin Cottage, Colorado Drive, Blue Haven. (Transport available, but bookings are essential).

Gold coin donation for tea/coffee & children's morning tea.

Every Friday (during School term), 10am – 12noon



Learning Together Group

For parents, grandparents & carers of children 0-5 years. This group is facilitated by a qualified Family Worker. Come along, make friends, share discussions & enjoy educational activities, music & story-time with your children. Ph Alison on 4350-9000.

Chain Valley Bay Community Hall, Scaysbrook Ave

Tue, 9.15 – 11am

Bright Sparks Play Group

A fun, free, interactive group for parents & carers with children 0-6yrs. Craft & fun activities will be organised. Come along & connect with other parents/carers. Supported by a Family Worker. Bookings essential.

Warnervale Family & Community Centre, 180-188 Minnesota Rd, Hamlyn Terrace. Ph: 4392-8734

Tuesdays during School Term, 10am – 12noon

Parents with Bubs (Links to Learning)

This FREE groups is for parents aged 15 – 24 years who learn & grow whilst working towards education & employment outcomes. The group meets weekly during school term. Each participant is enrolled in an educational pathway. A fully qualified trainer is available to assist with their studies. FREE high quality childcare with full trained early childhood staff is available for children on site.

Dolphin Cottage, Schools as Community Centre, Colorado Dr, Blue Haven

Ph: 4350-8660. Bookings essential.

Mondays, 10am – 2pm

Better Parenting DVD Library

For parents & carers who want helpful parenting information that can be viewed in the comfort of your own lounge-room. Ideal for those unable to attend parenting groups. DVDs can be borrowed for 2 weeks.

Lifetime membership fee of \$10. Ph: Debbie at Beachside Family Centre, 4343-1929.



COASTWIDE CHILD & FAMILY SERVICES

PO Box 4235, East Gosford. Ph: 4340-1111

'My Time'!

The My Time Program offers local support groups for Parents/Families/Carers of young children with a disability, chronic medical condition or suppressed immune system. Trained Early Childhood staff assist & facilitate groups that are fun, stimulating & informative. The group allows parents/carers to meet others in a similar circumstance, share experiences, gain extra parenting information & develop skills.

Liberty Church, Gosford.

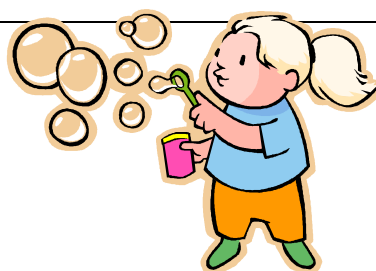
Thu, 9.30 – 11am

Berkeley Vale Centre

Mon, 9.30 – 11am

Erina Community Health Centre

Fri, 1 – 2.30pm



SOUTHERN LAKES COMMUNITIES FOR CHILDREN

Central Coast Community Women's Health Centre Ltd in partnership with The Benevolent Society

Information Hub

Stockland Bay Village Shopping Centre, Bateau Bay, (located outside Aldi, near playground)

Open 9.30am – 12.30pm, Mon/Thu & Fri

Ph: 4353-0093 or email: sally.jope@cccwhc.com.au

Providing info on children's activities, family services, & a range of courses/workshops for expectant parents/carers & families with children 0-12yrs living in the Southern Lakes area (2261 postcode).

Being a Dad

Interrelate Family Centres

Sat, 12 – 26 Nov, 9.30am – 12noon

Workshop:-

* Speaking Up: communicating with family & friends

Berkeley Centre, Glenning Valley

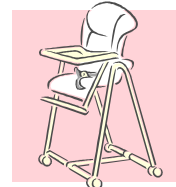
Fri, 4 Nov, 10am – 12noon

Play Cafe

The Entrance Community Centre, Cnr Oakland & Battley Aves, The Entrance

No bookings, just come along.

Wednesdays (during School term), 10am – 12noon



Baby Expo - Sat, 8 Oct, 9am – 1pm

For expectant & new parents, grand-parents, aunties, uncles, the whole family.

Pre-natal, post-natal & early childhood parenting information tips; workshops; ante-natal yoga; first-aid for infants; music, singing & dance; nutrition & fussy eaters; stalls & activities for 0-5 year old.

Ph 4353-0093 for more info.

The Entrance Community Centre, Cnr Oakland & Battley Ave, The Entrance



CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH

Gateway Service Centre, Suite 1, Level 2, Mann St, Gosford, Ph: 4304-7819

Mental Health & Parenting Program

A Positive Parenting Program for parents/carers who have experienced or are currently experiencing mental health problems & have children 2-10yrs. In this program we look at a range of practical skills to encourage desirable behaviour & manage misbehaviour. We also offer follow-up visits to help parents implement new strategies.

If parents do not currently have custody of their children (overnight unsupervised access), we can add details to a mailing list for future groups.

Ph Ruth on 4304-7819 to express your interest.



INTERRELATE

Family Relationship Centre building,
213 The Entrance Rd, Erina Ph: 4363-8050
Or 33a Alison Rd, Wyong.

All groups \$25 per session (\$15 concession)

Bookings essential

Parents Not Partners

A six week program for separated parents in conflict over parenting issues. (Erina)

Thu, 27 Oct – 1 Dec, 9.30am – 12.30pm

Ideas for Parenting Teens

Two sessions assisting parents with constructive techniques for parenting their teens. (Wyong)

Fri, 11 & 18 Nov, 9.30am – 12.30pm

Being a Dad

This program focuses on the needs & changing roles of fathers. (Erina)

Mon, 10 – 24 Oct, 6 – 9pm

Making Step-Families Work

A course specifically for couples either in a step-family or considering forming one. (Erina)

Mon, 31 Oct - 14 Nov, 6 – 9pm.

LIFECARE COUNSELING & FAMILY SERVICES

102 Pacific Hwy, Tuggerah Ph: 1300-130-225

Pathways to Parenting

A free, 8 week group for parents who have had their children removed from their care due to child protection concerns & want to build stronger relationships with their children.

Bookings are essential.

Wed, 19 Oct – 7 Dec, 10am – 12.30pm



PLAYGROUP NSW

Ph: 1800-171-882 or www.playgroupaustralia.com.au/nsw

Playgroup NSW Inc is a not-for-profit organisation running playgroups on the Central Coast. There are general playgroups & playgroups for children with special needs including PlayConnect groups for children with autism & My Time playgroups for parents & carers of children with disabilities or chronic medical conditions. Members pay an annual fee of \$39 which gives them access to any playgroup affiliated with Playgroup NSW in Australia.

Please phone for dates/times & venues

KIDS HAVEN PLAYGROUP

Kids Haven Preschool,
80 Goobarabah Ave, Lakehaven
Ph: 4392-0466

FREE playgroup, open to anyone & parents can bring school-age children in the holidays.

Mondays, 10am – 12noon



YARRAN SUPPORTED PLAYGROUP

Ph: 4322-7011

For children with additional needs & their families including siblings. No wait list or referral needed.

Please phone for dates/times & venues.



CENTACARE

Gosford Family Centre - 20 Watt St, Gosford, Ph: 4324-6403

Keeping Kids in Mind? (For mothers or fathers who have separated)

KKIM is a five week course designed to help mothers & fathers work better as co-parents for the well-being of their children.

Covers coping strategies, building resilience in children, building better parental alliance post separation. Bookings are essential. Gosford Family Centre
Phone to express your interest. \$25 per session, \$15 health care card



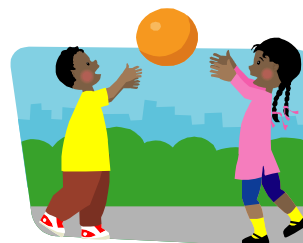
What about the Kids? (Pre-family dispute resolution program)

This program is for parents who have separated.

Helps parents to focus on the best interests of their children, understand changes in behaviour, discuss parenting style, explain the family dispute resolution/mediation process.

Bookings essential. Gosford & Wyong Family Centre

Second Tuesday of the month



Steps – Building resilient step-children

Do you belong to a step-family? This 4 week program looks at building resilience in children, parenting roles & challenges, developing boundaries, managing conflict, effective communication. Bookings essential.

Phone to express your interest

Young Mums Group

Weigh your baby, meet other young mums. Fortnightly during school terms. Phone Julie on 4324-6246.

Gravity Youth Centre, off Bannister Drive, Lake Haven. **Tuesdays, 1.30 – 3pm**

Gosford Centacare, 20 Watt St, Gosford. **Thursdays, 1.30 – 3pm**

Unfortunately these programs are not appropriate for parents who have their children removed by Community Services or not in their current care.

STAYING HOME LEAVING VIOLENCE

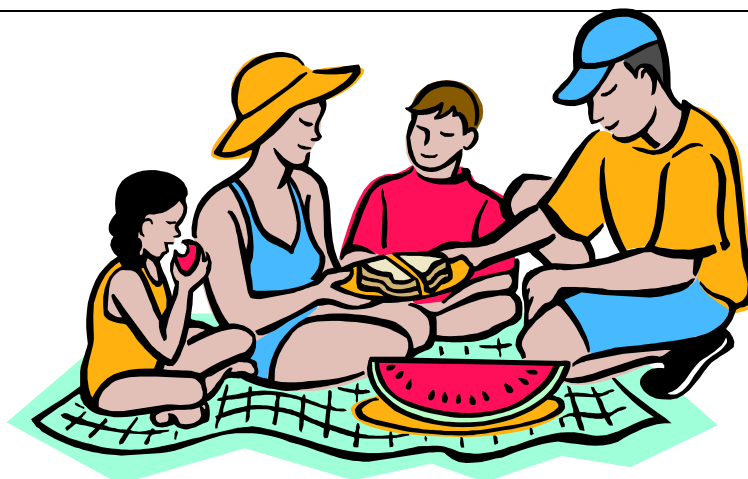
Staying Home Leaving Violence are currently running groups:-

Assertiveness Skills

Domestic Violence support groups

Groups are run at both San Remo on **Wed, 11am – 1pm** & Wyong Family Centre on **Tue, 10am – 12noon**

Ph 4350-1748 for more information & essential bookings.



CHILD & FAMILY HEALTH NURSING SERVICE

Ph 4328-7900 for more details. All groups FREE

- New Baby Group (0 – 3 months)
- Pre-Toddler Group (9 – 12months)



- Older Baby Group (4 – 7 months)
- Breast Feeding Support Drop-In
(for all Breast Feeding Mums)

NORTHERN SYDNEY CENTRAL COAST HEALTH

PEPE – Pregnancy & Early Parenting Education – **Ante-natal courses**

Preparing for Birth & Parenthood

For pregnant women and their support partners.

Topics include:

- pregnancy, labour & birth
- role of partners & support people
- breastfeeding - active birth
- new babies - parenting tips
- “Father Time” & “Mother Time” sessions.



Weekend workshops & evening courses available.

Venues are at Erina, Long Jetty, & Toukley.

Phone 4328-7933 for bookings, info & course fees.

Young Pregnant Women’s courses

Free daytime courses for young pregnant women (21yrs & under), their partners & support people.

Topics include:

- pregnancy, labour & birth
- role of partners & support people
- breastfeeding - new babies
- parenting tips
- Centrelink – Youth Health



Daytime course available at Gosford & Wyong

Ph: 4324-6246 for bookings & info.

NORTHERN SYDNEY CENTRAL COAST AREA HEALTH SERVICE

Understanding my Child’s Behaviour (For parents/carers of 2 - 5yr olds who have children in their care.)

These 2 hour workshops aim to: explore your child’s behaviour, introduce positive parenting concepts & provide practical parenting info & resources

Gosford Family Care Cottage, Gateway Centre

Ph: 4328-7901 ** Bookings are essential **

Thu, 27 Oct, 10am – 12noon

Mon, 7 Nov, 10am – 12 noon

Thu, 24 Nov, 10am – 12noon

Mon, 5 Dec, 10am – 12noon

Thu, 22 Dec, 10am – 12noon

Wyong Family Care Cottage, Wyong Hospital

Ph: 4328-7901 ** Bookings are essential **

Tue, 11 Oct, 10am – 12noon

Thu, 27 Oct, 10am – 12noon

Thu, 10 Nov, 10am – 12noon

Tue, 22 Nov, 10am – 12noon

Tue, 6 Dec, 10am – 12noon



Understanding Tantrums in the Younger Child

Wyong Family Care Cottage, **Mon, 19 Dec, 10am – 12noon**



Please note:

* These are parent/caregiver only workshops. * NO CHILDCARE at Family Care Cottage.

* NOT SUITABLE FOR PARENTS WHO DO NOT HAVE CUSTODY OF THEIR CHILDREN.

CHILD & FAMILY DISABILITY COMMITTEE & CENTRAL COAST DISABILITY NETWORK

“Building a Bridge to Positive Behaviour” Conference

(For Parents/Carers & Service Providers of a child or young person 8 years & older with a disability.)

It’s difficult to know how to respond to a child who is unable to communicate easily & whose behaviour is challenging. Particularly as they grow up. Where do we start? How do we get help? Join with other parents, carers & service providers to think about this together.

Dr Lee Sturgeon is a Consultant Clinician & Developmental Psychologist who will discuss the challenges for families who are trying to understand & manage the behaviour of their children & will provide strategies for dealing with these challenges. He will talk about the rest of the family & how to support each individual involved.

Sub-seminars will include:

* My child seems angry, depressed &/or withdrawn – How do I know when to get help?

* Relationships & Private Stuff – How do I manage the road ahead for my child?

* Practical Strategies for Incredible Parenting of a child with Autism

This conference is FREE for families, or \$10 for service providers (pay at the door).

Enquiries to Anne Boyle on 4324-2355 or anneb@ccdn.com.au

Mingara Recreation Club, Tumbi Umbi

Tue, 8 Nov, 9am – 1.30pm

SUPPORTED PLAYGROUPS

UNITINGCARE BURNSIDE (WYONG) – 1800 067 967

Blue Haven Schools as Community Centre
“Dolphin Cottage”, 37 Colorado Drive, Blue Haven
Monday: 9.30 - 11.30am

Multi-Cultural Playgroup
Toukley Neighbourhood Centre
Heador St, Toukley (next to Indoor Pool)
Tuesday: 9.30 - 11.30am

Gwandalan Playgroup
Gwandalan Community Hall
Gamban Rd, Gwandalan
Tuesday: 12.30 – 2.30pm

The Berkeley Centre
Cnr Berkeley Road & Heather Avenue,
Glenn Valley
Wednesday: 9.30 - 11.30am

San Remo Playgroup
Northlakes Schools as Community Centre
“Jabiru Cottage”, 16 Goorama Ave, San Remo
Thursday: 9.30 - 11.30am

Aboriginal Playgroup
Wyong Schools as Community Centre
Wyong Public School, Cutler Drive, Wyong
Friday: 9.30 - 11.30am
*(in partnership with Eleanor Duncan
Aboriginal Health Centre)*



COASTWIDE CHILD & FAMILY SERVICES (GOSFORD) - 4340-1111

Peninsula Community Centre
93 McMasters Rd, Woy Woy
Monday: 9.30 – 11am

Art Space 1, Erina Library
Erina Fair Shopping Centre, Terrigal Dr, Erina
Monday: 9.30 – 11am

Aboriginal & Torres Strait Islander Playgroup
Mingaletta, 6 Sydney Ave, Umina
Monday: 1 – 2.30pm

Liberty Church (Children’s Room)
129 Erina St, Gosford
Tuesday: 9.30 – 11am

‘Beachside’ Umina Schools as Communities
Umina Public School, Sydney Ave, Umina
Tuesday: 12.30 – 2pm

Art Space 1, Erina Library (Grandparents Group)
Erina Fair Shopping Centre, Terrigal Dr, Erina
Wednesday: 9.30 – 11am

Aboriginal & Torres Strait Islander Playgroup
Wyoming Public School
Maidens Brush Rd, Wyoming
Wednesday: 9.15 – 10.45am

Liberty Church (Group Room)
129 Erina St, Gosford
Thursday: 9.30 – 11am

Kincumber Neighbourhood Centre
20-22 Kincumber St, Kincumber
Friday: 9.30 – 11am

Other Parenting Support Programs:

- Family Child Care Services (Aboriginal) and (Preparation for School) 4352-5215
- Schools as Community Centres:
 - Beachside Family Centre, Umina 4343-1929
 - Dolphin Cottage (Blue Haven Public School), Blue Haven 4390-8524
 - Jabiru Cottage (Northlakes Public School), San Remo 4390-9718
 - Our Place (Chertsey Primary School), Springfield 4323-7158
 - Wyong SaCC (Wyong Public School), 4352-3637

***If you would like your Parenting Group to be included in this flyer for Term 1, 2012
ph Deb at Burnside on 4350-9000 or email dmilwain@burnside.org.au***

by Friday, 9 December 2011

Compiled by *UnitingCare Burnside*