

Nepean Parenting & Community Hubs Newsletter Term 4 2011

Have you been looking for?

FREE
Groups & Courses

FREE
Childcare Provided

A local friendly Playgroup

123 Magic and Emotional coaching Parent workshop

Young parent groups 15-25

ZUMBA
Classes

Services
Information

Courses and
workshops

Safety & Cyber
Bulling
TAFE Course

Playgroups

Referrals

Computer
Courses

Social
Networks

School
partnerships

Lunch Box ideas
& Nutrition
Workshop

Self Care TAFE Course

Parenting
workshops

Community
partnerships

Up skill with a Learning Circle

Triple P parenting Seminars

Special Needs Workshop

Community Care
Aboriginal TAFE Course

Age Care
Pacific Island TAFE Course

Check inside for details....

Contact Details

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Nepean Parenting Program

Young Parents Network

@ The Warehouse Penrith

Monday x 9 weeks
10:00 – 12:00
17th October to 12th December

A place for young parents to encourage,
inspire and help each other.
Coordinator: Julie Anne Wood

123 Magic and Emotional Coaching

@ North Richmond

Explore: How to be a good role model,
How to apply fair discipline, How to set up
family rules and
How to stop kids from driving you crazy

1st, 8th and 15th November
9:30 – 11:30

Young Parents Network

@ Hawkesbury Hospital

Thursday x 9 weeks
10:00 – 12:00
20th October to 15th December

A place for young parents to encourage,
inspire and help each other.
Coordinator: Julie Anne Wood

Young Parents Network

@ NEWPIN Family Centre

Friday x 9 weeks
10:00 – 12:00
21st October to 16th December

A place for young parents to encourage,
inspire and help each other.
Coordinator: Julie Anne Wood

123 Magic and Emotional Coaching

Kooly Family Centre cnr Pendock Rd and Kington
Place Cranebrook

Explore: How to be a good role model,
How to apply fair discipline, How to set
up family rules and
How to stop kids from driving you crazy

19th, 26th October and 2nd November
9:30 – 12:00

Triple P Seminars

@ Nth Richmond Centre

Seminar 1 Positive parenting **23rd Nov**
Seminar 2 Raising confident, competent
children **30th Nov**

Seminar 3 Raising resilient children
7th December
6:30 – 8:30

Kingswood Family Art Project

@ Kingswood Public School

Thursday x 6 weeks
3:00 – 5:00
27th October 1st December

This family art program is run with TAFE you
work with your children to create wonderful
pieces of art together that you can share and
display at the art exhibition

Kingswood Playgroup

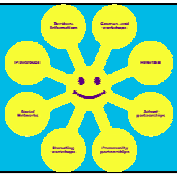
Weekly @ Kingswood Public School

Mondays x 8 weeks
9:15 – 11:15

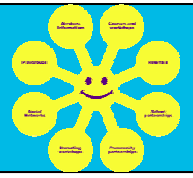
Family Art Exhibition and FUN Day

@ Kingswood Neighbourhood Centre

10th December
View local art for all ages and enjoy fun
activities



Mt Druitt



Learning Circles

@ Emerton WASH House

Monday and Fridays x 5 Weeks

9:30 – 12:30

17th October to 18th November

Ready to go to work or just starting to think about it

Make a start join a learning circle

Young Parents Network

@ Lethbridge Public School

Tuesday x 8 weeks

10:00 – 12:00

18th October to 13th December

A place for young parents to encourage, inspire and help each other.

Coordinator: Julie Anne Wood

ZUMBA

@ Lethbridge Park Public School

Thursday x 7 weeks

2:00 – 2:45

20th October to 8th December

If you are looking for a new way to exercise then this is for YOU!

Weekly Supported Playgroups

Aboriginal Playgroup @ Lethbridge Park

Starting Wednesday 19th October

1.30 -2.30

@ Noumea Public School

Starting Tuesday 26th July

9:00 – 11:00

@ Bidwill Public School

Starting Tuesday 26th July

9:30 – 11:30

@ Wilmot Public School

Starting Monday 25th July

9:00 – 11:00

Pearls of the Pacific

Bidwill Pacific Island Support Group

@ Bidwill Public School

Mondays x 8 weeks

10:30 – 12:30

17th October to 12th December

Self Care TAFE Course

@ Bidwill Public School

Tuesdays x 6 weeks

9:30 – 12:30

25th October to 29th November

Self Care TAFE Course

@ Willmot Public School

Thursday x 6 weeks

9:30 – 12:30

27th October to 1st December

Age Care Pacific Island TAFE Course

@ Tregear Public School

Thursday x 9 weeks

9:30 to 12:30

Information Day 13th October 9.30 – 10.30

Course Starts 20th October to 15th December

Community Care Aboriginal TAFE Course

@ Lethbridge Park Public School

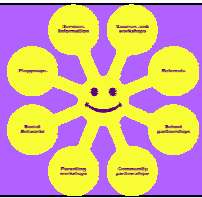
Friday x 9 weeks

9.30 – 12.30

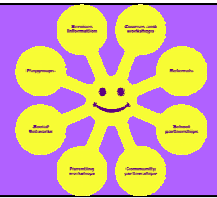
Information Day 14th October 9.30 – 10.30

Course Starts 21st October to 16th December

**Keep your eye out for
Rooby Roo Visits**



St Marys



ZUMBA

@ St Marys South Public School

Tuesday x 8 weeks

9:30 – 10:30

18th October to 6th December

If you are looking for a new way to exercise then this is for YOU!

ZUMBA

@ Oxley Park Public School

Tuesday x 8 weeks

1:30 – 2:30

18th October to 6th December

If you are looking for a new way to exercise then this is for YOU!

Computer Course

@ North St Marys

Fridays x 9 weeks

12:30 – 2:30

14th October to 9th December

Computer Course

@ St Marys

Thursday x 9 weeks

9:15 – 11:15

13th October to 8th December

Immediate Computer Course

@ Bennet Road

Fridays x 9 weeks

9:30 – 11:30

14th October to 9th December

NO CHILD CARE PROVIDED

Lunch Box ideas and Nutrition Workshop

@ St Marys South Public School

Friday 11th November

9:30 – 11:30

Support children with Additional needs

@ Oxley Park Public School

Thursday x 2 weeks

9:30 - 11:30

24th November and 1st December

Lunch Box ideas and Nutrition Workshop

@ Oxley Park

Friday 18th November

9:30 – 11:30

Safety and Cyber Bulling TAFE Course

@ Oxley Park Public School

Thursday x 4 weeks

9:30 – 11:30

27th October to 17th November

Supported Playgroups

@ St Marys Public School

Starting Wednesday 19th October

Fortnightly from 26th October

9:15 – 11:00

Fortnightly @ Oxley Park Public School

Starting Wednesday 19th October

9:15 – 11:00

Weekly @ St Marys South Public School

Starting Friday 21st October

9:00 – 11:30

Look Out for Rooby in your area