

JUL-DEC 2024

Parenting Workshops



JULY



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 29 July & 5, 12 August, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Keryn Ible

Childcare: Yes, limited.

Bookings: Open 17 June.

Contact Keryn Ible or Emily Simpson on (02) 7903 0607/0415 783 558 or hubadmin@secc.sydney

TUNING IN TO KIDS (3-12 YEARS)

This evidence based program focusses on the emotional connection between parents/carers and their children from preschoolers to teens.

Tuesdays 30 July & 6, 13, 20, 27 August & 3 September, 10.30am-12.30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes limited. Bookings essential.

Bookings: Open 2 July.

Contact Emma Dunford on (02) 9349 8200 or families@jnc.org.au

AUGUST



CIRCLE OF SECURITY PROGRAM (0-5 YEARS)

Strengthen your skills in observing and connecting with your child to understand their needs and form a secure attachment. Increase enjoyment, connection, and security in your relationship. Be a bigger, stronger, wiser, and kinder parent.

Tuesdays 6, 13, 20, 27 August & 3 September, 10am-12.30pm

The Deli Women & Children's Centre, Eastlakes

Facilitator: Jennifer Wu

Childcare: Yes, bookings required.

Bookings: Open 1 June.

Contact The Deli Women & Children's Centre on (02) 96674664 or contactus@thedeli.org.au

TANTRUMS & BEHAVIOUR GUIDANCE WORKSHOP (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 and validating your child's emotions.

Wednesday 7 August, 10am-12pm

Online, via Zoom

Facilitator: Daniela Herrera & Gillian Newton

Bookings: Open 7 July.

Contact Gillian Newton on (02) 9666 5047 or gillian.n@bfcc.org.au



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

Learn the basics of CPR and first aid, and how to treat bites and stings

Monday 12 August, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open 12 July.

Visit bit.ly/SECCprograms.

Contact Sarah Neville on (02) 7903 0607 or familysupport2@secc.sydney



TUNING IN TO KIDS (0-12 YEARS)

Focussing on emotion coaching as a way of responding to your child's emotions and assisting them to regulate, understand and work through emotions.

Wednesdays 21, 28 August & 4, 11, 18, 25 September, 10am-12pm

Online, via Zoom

Facilitator: Germain Alber & Evellen Tawdros

Bookings: Open 22 July.

Contact Evellen Tawdros on

(02) 9666 5047 or evellen.t@bfcc.org.au

SEPTEMBER



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 2, 9 & 16 September, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Keryn Ible

Childcare: Yes, limited.

Bookings: Open 17 June.

Visit bit.ly/SECCprograms.

Contact Keryn Ible or Emily Simpson on

(02) 7903 0607/0415 783 558 or

hubadmin@secc.sydney

HELPING YOUNG CHILDREN WITH THEIR FEARS (1-10 YEARS)

Children's fears can show up as difficult behaviours. Learn how to ease your child's worries and build their confidence.

Wednesday 4 September, 10am-11.30pm

Online, via Zoom

Facilitator: Madeleine Winter

Bookings: Open on Eventbrite 7 August.

Contact Madeleine Winter on 0403 779

955 or madeleine@madeleinewinter.com



HOW TO HELP CHILDREN TO SUCCEED AND FEEL AT HOME IN A COMPLEX WORLD (ALL AGES)

Growing mental health issues and aggression in youth emphasises the crucial role of parent-child relationships. Prioritise presence and structure for positive outcomes.

Friday 20 September, 10am-12pm

St Brigid's Parish, The Blue Room, 135b Brook Street, Coogee

Facilitator: Susanne North

Childcare: Children are welcome.

Bookings: Open 20 August on Humanitix.

Contact Susanne North on 0416 186 117

or susanne@susannenorth.com.au

OCTOBER

EARLY COMMUNICATION WORKSHOP – SCHOOL READINESS (PRESCHOOL AGES)

The workshop covers preschool speech/language milestones, essential skills for school readiness, and strategies to encourage language and literacy in preschoolers.

Tuesday 8 October, 10am-12pm

Location TBC

Facilitator: Speech pathologist from Sydney Children's Hospital

Childcare: Limited. Bookings essential.

Bookings: Open 3 September.

Contact Emma Dunford (02) 9349 8200 or families@jnc.org.au



BLACK BOX PARENTING

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 and family violence. Entry criteria applies.

Wednesdays 16, 23, 30 October & 6, 13, 20, 27 November, 10am-12.30pm

The Deli Women & Children's Centre

Facilitator: Jennifer Wu & Juliette Ferrier

Childcare: Yes, bookings required.

Bookings: Open 1 June. Call

(02) 9667 4664 or contactus@thedeli.org.au



TUNING IN TO TEENS (11-16 YEARS)

Focussing on emotion coaching as a way of responding to your teen's emotions and assisting them to regulate, understand and work through their emotions.

Wednesdays 16, 23, 30 October & 6 November, 10am-1pm

Online, via Zoom

Facilitator: Evellen Tawdros & Rachael Atkins

Bookings: Open 10 September.

Contact Rachael Atkins on (02) 9666 5047 or rachael.a@bfcc.org.au



DADS TUNING IN TO KIDS (3-12 YEARS)

This evidence-based program focusses on emotional connection between parents/carers and their children from preschool to teens and has proven success in improving relationships and helping behaviour.

Thursdays 17, 24, 31 October & 7, 14, 21, 28 November, 5.30-6.30pm

JNC, Shop 2, 669 -673 Anzac Parade, Maroubra

Facilitator: Andy Harnett JNC

Childcare: Yes, limited. Booking essential.

Bookings: Open 23 September. Contact Emma Dunford on (02) 9349 8200 or families@jnc.org.au

NO SCAREDY CATS (5-12 YEARS)

Understand how fear and anxiety develop, how children's minds work and how to help our children manage anxiety and build resilience.

Mondays 21, 28 October & 4 November, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Ruming Yang

Childcare: No

Bookings: Open 2 September. Visit bit.ly/SECCprogram. Contact Ruming Yang or Emily Simpson on (02) 7903 0607/0432 080 009 or hubadmin@secc.sydney



SINGLE PARENTS SUPPORT GROUP (0-12 YEARS)

Each session includes a talk by an expert on topics such as self-care, kids' developmental milestones, family law, co-parenting etc.

Tuesdays 22, 29 October & 5, 12, 19, 26 November, 10.30am-12.30pm

Location TBC

Facilitator: Lorena Tairua JNC

Childcare: Yes, limited. Bookings essential.

Bookings open: Open 24 September. Contact Emma Dunford on (02) 9349 8200 or families@jnc.org.au

SETTING LIMITS WITH CHILDREN – PLAYFULLY (1-12 YEARS)

Learn how to playfully resolve power struggles and set limits, to solve problems, build connection and co-operation with your children.

Wednesday 23 October, 10-11.30am

Online, via Zoom

Facilitator: Madeleine Winter

Bookings: Open 25 September on Eventbrite. Contact Madeleine Winter on 0403 779 955 or madeleine@madeleinewinter.com

NOVEMBER



COOL LITTLE KIDS (3-6 YEARS)

Developed at Macquarie University, this program helps parents and carers to manage and respond to children's fears and worries.

Mondays 18, 25 November & 2, 9, 16 December, 10am-12pm

SECC Mascot Hub, 1007 Botany Rd

Facilitator: Ruming Yang

Childcare: No

Bookings: Open 7 October. Visit bit.ly/SECCprogram. Contact Ruming Yang or Emily Simpson on (02) 7903 0607 or hubadmin@secc.sydney



PARENTING IS RE-PARENTING YOURSELF (ALL AGES)

Learn to recognise triggers from your children, process unhealed parts, and realign your parenting style with your authentic values and purpose.

Friday 22 November, 10am-12pm

St Brigid's Parish. The Blue Room, 135b Brook Street, Coogee

Facilitator: Susanne North

Bookings: Open 22 October on Humanitix. Contact Susanne North on 0416 186 117 or susanne@susannenorth.com.au

DECEMBER



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

Learn the basics of CPR and first aid, and how to treat bites and stings

Monday 9 December, 9.30-11.30am

Online, via Zoom

Facilitator: Dr Debbie Perkins

Bookings: Open 1 November. Visit bit.ly/SECCprograms. Contact Sarah Neville on (02) 7903 0607 or familysupport2@secc.sydney

Speakers

Andy Harnett is a parenting coach with more than 25 years of experience, and specialises in trauma-informed care. He's worked globally and is a certified facilitator for Tuning in to Kids and Dads Tuning into Kids programs.

Daniela Herrera is an experienced parenting coach and early childhood educator. She is experienced with working with culturally diverse families, and specialises in enhancing parental confidence and child-family relationships.

Dr Debbie Perkins is a dedicated leader at the Sydney Children's Hospital Network, and is committed to providing exceptional paediatric care.

Ellen 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.

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.

Gillian Newton is an experienced early childhood educator and parenting coach. Gillian supports and encourage families to increase their resilience, parenting and behaviour guidance techniques and skills.

Jennifer Wu is a family support coordinator with more than 20 years of experience and specialises in families impacted by trauma. She offers child development insights and positive behaviour guidance, focusing on attachment principles to boost parental capacity.

Juliette Ferrier is a counsellor and social worker with 15 years of experience specialising in emotion-focused therapy. She supports women and families impacted by trauma.

Keryn Ible is a family worker at South Eastern Community Connect. She has a Bachelor of Social Work and specialises in family empowerment, healthy relationships, and parent education.

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.

Rachael Atkins is an experienced family worker. She focuses on the parent-child relationship and connection, while helping to build confidence and parental capacity.

Ruming Yang is a Family and Support Manager at South Eastern Community Connect. Ruming has Bachelor of Social Work, and a Master of Education Psychology. With a decade of experience, she specialises in child development and family relationships.

Susanne North is a certified family & Wellbeing Coach and a Mindfulness & Meditation teacher with over 23 years' experience in family wellbeing.

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 has been supporting trauma-affected women and children for 40+ years through counselling, parenting guidance, trauma-informed groups, workshops, advocacy, and referrals.

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 visits, 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 and referrals for children, teens and families. A variety of parenting programs/workshops, individual and couple appointment are provided free for the community.

raisingchildren.net.au
An easy to navigate site packed full of useful information, including parenting education courses. Raising Healthy Minds app, a free, personalised resource for raising confident, resilient children 0-12 years old.

playgroupnsw.org.au
Find a playgroup near you.

my.gov.au/en/services/raising-kids
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) is a free, confidential and anonymous telephone and online counselling service for young people between five and 25 years old.

benevolent.org.au
Helping people change their lives through support and education.

health.nsw.gov.au
Browse health topics A to Z and download.

parentline.org.au
Free phone counselling and resources for parents and carers.

kooloora.org
Various programs for families and seniors.

Randwick City Council provides a list of resources, including this calendar that can also be found by scanning the QR code below.

