### PARENT CHILD MOTHER GOOSE

This program promotes parent-child relationships through singing and story telling and affectionate physical touch.

- Online - ZOOM
- 14.10.21 - 2.12.21
- 10:00am - 11:30am
- No childcare available
- Contact: Wafa or Amanda N - 1300 254 657

# FRIDAY

### RAISING MODERN TEENS

Raising Modern Teens has been designed for parents with teens aged 12-17 years who want to learn about modern day issues their teens may face on a daily basis as well as meeting like minded parents.

- Online - ZOOM
- 15.10.21 - 5.11.21
- 12:30PM - 2:30PM
- No childcare available
- Contact: Kaylah -1300 254 657

### PARENT CHILD MOTHER GOOSE

This program promotes parent-child relationships through singing and story telling and affectionate physical touch.

- Online - ZOOM
- 15.10.21 - 3.12.21
- 10:00am - 11:30am
- No childcare available
- Contact: Wafa or Hazel - 1300 254 657

Level 2, 58 Kitchener Parade,
Bankstown NSW 2200
**admin@creatinglinks.org.au**
www.creatinglinks.org.au
**P:** 1300 254 657 | **F:** 02 8713 7799

### BUILDING HAPPY HEALTHY FAMILIES

**Come join us to find out ways of how to create healthy nutritional meals for your family. The first two sessions we will discuss the foods that can add extra nutrition to the meals you make and the last session we cook a delicious meal together**

- **Online - ZOOM**
- **Group 1 - 29.10.21 - 12.11.21**
- **Group 2 - 19.11.21 - 3.12.21**
- **11:30AM - 12:30PM**
- **No childcare available**
- **Contact: Angela -1300 254 657**

NEW GROUP!

Are you a family living in Bankstown and the surrounding suburbs?

Do you need assistance finding services, understanding forms or would you like us to provide you with parenting support through a range of proven techniques and programs?

Call us today and speak to one of our friendly Client Service Officers to learn more about how we can support you support your family

NSW GOVERNMENT | Communities & Justice

Bankstown Communities for Children Facilitating Partner is funded by the Australian Government and facilitated in Bankstown by The Smith Family

# Creating Links

Communities for the future

## TARGETED EARLIER INTERVENTION

## Term 4 Calendar - 2021

# MONDAY

### BRINGING UP GREAT KIDS - ENGAGING ADOLESCENTS

BUGK: Parenting Adolescents workshop builds on the principles of the foundational BUGK program focusing on being reflective, respectful and mindful when working with parents.

- Online - ZOOM
- 8.11.21 - 29.11.21
- 5:30PM - 7:00PM
- NO childcare available
- **Contact: Lan 1300 254 657**

### SURVIVING THE STORMS

Surviving the Storms is a group about learning hands on skills to support parents with children who may face the challenges of change. It is aimed to teach parents how to help their children adapt to the changing environment and prepare them for future changes.

- Online - ZOOM
- 11.10.21 - 25.10.21
- 11:30AM - 12:30PM
- NO childcare available
- **Contact: Jasmin N - 1300 254 657**

### TEEN HEALTH 101

Teen health 101 is a small-based group aimed at teens aged 13-17 who want to learn about sexual health and safety. It aims to inform teens of essential knowledge such as basic self-care, relationship building and all the curious questions in between in a safe, judgement free space.

- Online - ZOOM
- 8.11.21 - 22.11.21
- 3:30PM - 4:30PM
- NO childcare available
- **Contact: Jasmin N - 1300 254 657**

# TUESDAY

### LOOKING AFTER ME

This group focuses on gaining knowledge and expanding your repertoire of coping skills to assist with managing your emotions, tolerating distress, communication, connecting with yourself and becoming more present your own life.

- Online - ZOOM
- 26.10.21 - 16.11.21
- 11:30AM - 12:30PM
- No childcare available
- Limited spots available
- Contact: Amanda N - 1300 254 657

### DISCOVERY OF PLAY

This program is designed for parents /carers with children aged 2-5. You will engage in activities to support language development, increase attachment and build skills in preparation for school.

- Online - ZOOM
- 2.11.21 - 16.11.21
- 10:00am - 11:00am
- No childcare available
- Limited spots available
- Contact: Angela - 1300 254 657

# WEDNESDAY

### MUSICAL FUN MADE AT HOME
### 5-12 YEAR OLDS AND PARENTS/CARERS

Join us on this creative and fun activity to make instruments using simple items you have around the house. Children will be actively involved in the process of creating their own music instruments and learn how to use them to play rhythms.

- Online - ZOOM
- 17.11.21 - 24.11.21
- 4:00PM - 5:30PM
- NO childcare available
- Contact: Edgee - 1300 254 657

### 1 2 3 MAGIC & EMOTION COACHING

Parents will be able to learn various tips and tricks to manage difficult behaviour in children as well as managing their emotions.

- Online - ZOOM
- 13.10.21 - 27.10.21
- 11:30AM - 1:00PM
- NO childcare available
- Contact: Angela - 1300 254 657

# THURSDAY

### TUNING INTO KIDS

This program focuses on the emotional connection between parents and children, helping parents to recognise, understand and respond to children's emotions.

- Online - ZOOM
- 21.10.21 - 18.11.21
- 5:30PM - 7:00PM
- NO childcare available
- Contact: Alyssa K - 1300 254 657

### CIRCLE OF SECURITY PARENTING

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

- Online - ZOOM
- 21.10.21 - 18.11.21
- 12:00PM - 2:00PM
- NO childcare available
- Contact: Julious 1300 254 657