



Communities & Justice



## Get In Touch



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## About Our Programs

Our child and parenting programs are thoughtfully designed to support families in building strong, healthy, and nurturing relationships. Through a range of evidence-based approaches, we provide parents and caregivers with the tools and knowledge they need to support their children's growth and development.

Creating  
Links

## Targeted Earlier Intervention

Term 1  
2025

## Parent-Child Mother Goose

**14 February to 11 April 2025**  
**Fridays - 10:00am to 11:30am**

Yagoona Community Centre -  
Main Hall, Cooper Rd  
Contact Vera - 1300 254 657

PCMG is a parent-child program that provides an informal supportive environment where you feel comfortable in developing skills, knowledge and techniques through various fun oral language experiences.

## Parent-Child Mother Goose

**12 February to 9 April 2025**  
**Wednesdays -**  
**Session 1: 9:30am - 10:30am**  
**Session 2: 10:45am - 11:45am**

Punchbowl Public School -  
Hub Room  
Contact Vera - 1300 254 657

PCMG is a parent-child program that provides an informal supportive environment where you feel comfortable in developing skills, knowledge and techniques through various fun oral language experiences.

## Parent-Child Mother Goose

**13 February to 10 April 2025**  
**Thursdays -**  
**Session 1: 9:30am - 10:30am**  
**Session 2: 11:00am - 12:00pm**

Bankstown Library - Bryan  
Brown Theatre - 80 Rickard Rd  
Bankstown  
Contact Vera - 1300 254 657

PCMG is a parent-child program that provides an informal supportive environment where you feel comfortable in developing skills, knowledge and techniques through various fun oral language experiences.

## "Parent Child Play" Supported Playgroup

**13 February to 10 April 2025**  
**Thursdays -**  
**9:30am - 11:30am**

Chester Hill Public School -  
Proctor Parade  
Contact Wafa - 1300 254 657

This program focuses on relationships and bonds between a parent and child through role play / home like experiences in a play setting allowing parents and children to develop and explore their sense of identity.

## Tuning into Kids

**14 March to 11 April 2025**  
**Fridays - 10:00am -**  
**12:00pm**

Bankstown Women's Health  
Centre - 1/24-26 Jacobs Street  
Contact Wafa -  
1300 254 657

This group is an evidenced-based parenting program that focuses on the emotional connection between parents and children through emotion coaching. Tuning into Kids will help parents recognise, understand and respond to children's emotions.

## Tuning into Teens

**4 March to 8 April 2025**  
**Tuesday -**  
**12:30pm - 2:30pm**

Chester Hill Public School -  
Proctor Parade  
Contact Edgee -  
1300 254 657

This parenting program focuses on how to further develop your skills as a parent when communicating with your teen and how to connect with them emotionally

## 123 Magic and Emotion Coaching

**28 March to 11 April 2025**

**Fridays -**  
**9:30am - 11:30am**

St Brendan's Catholic  
Primary School  
Contact – Hazel  
1300 254 657

123 Magic and Emotion Coaching is an evidence based parenting program that provides parents/carers with the skills to manage challenging behaviours and to respond more flexibly. Also includes strategies to address children with complex needs.

## Time for Me

**4 March to 18 March 2025**

**Tuesdays -**  
**10:30am - 11:30am**

Creating Links Office - Level 10,  
66-72 Rickard Rd Bankstown  
Contact Amanda -  
1300 254 657

This group focuses on emphasising the idea “you can’t pour from an empty cup” providing a safe and empowering space for mothers to prioritise and nurture the mind, body and soul through mindfulness as well as connect with other mothers.

## BUGK - Parenting Adolescents

**17 March to 31 March**  
**Mondays -**  
**10:00am - 12:00pm**

Creating Links Office - Level 10,  
66-72 Rickard Rd Bankstown  
Contact Lan -  
1300 254 657

BUGK is a parenting program for parents who are embarking on the challenging journey with their adolescents to promote open communication and nurture relationships between parents and their children.