



Communities
& Justice



**The Smith
Family**
Learn today, change tomorrow.

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.

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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.