



### Mondays

**OT & Speech Supports** - 9- 4pm - Various locations  
Free access to Speech and OT for kids aged 0-5yrs.

**Camden Walk, Talk & Connect** – 11 - 12:30pm - Nepean River Trail, Camden. If it rains, we drink coffee instead! For parents & children aged 0-6yrs.  
Starts Mon, 5th May 2025 for 9 weeks

**Book a chat with our nurse** here to help parents with little ones aged 0-4yrs.

### Tuesdays

**OT & Speech Supports** - Various locations  
Free access to Speech and OT for kids aged 0-5yrs with developmental concerns.

**Young Parents Playgroup** - 10 - 11.30am - Tahmoor  
For parents & children aged 0-6yrs.  
Starts Tues, 6th May & runs for 9 weeks.

### Wednesdays

**OT & Speech Supports** - Various locations  
Free access to Speech and OT for kids aged 0-5yrs with developmental concerns.

**Book a chat with our nurse** - Carramar or Campbelltown. Here to help parents with little ones aged 0-5 years.

**Young Parents Playgroup** - 10 - 11.30am - Safe Haven, Ambarvale  
For parents & kids 0-6yrs.  
Starts Wed, 30th April for 10 weeks

**My Toddler & Me** - 10 -11.15am - Campbelltown  
Learn how to interact with your child to manage their behaviour. For toddlers 12-24 months  
Starts 14th May for 8 weeks

**Young Parents Playgroup** - 1-2.30pm - Miller  
For parents & children aged 0-6yrs.  
Starts Wed, 7<sup>th</sup> May & runs for 9 weeks

### Thursdays

**10-11:30am Seasons for Growth program** - 1/300 Queen St, Campbelltown. Starts Thurs 5th June for 5 weeks. **Free childcare & morning tea**

**Antenatal Group** – 12- 1.30pm Liverpool Hospital.  
For expectant parents under 19 years old, birthing at Liverpool hospital.  
Starts Thurs, 8th May for 6 weeks.

**Child Development workshops** – 12 - 2pm - Campbelltown  
'Being a Parent' workshop series for parents of kids 2-12 years.  
Starts Thurs 8th May, 8 weeks, FREE childcare & afternoon tea!

All activities are FREE if you are 25y and younger, pregnant or parenting and living in Southwestern Sydney.

Snacks provided for group programs and childcare for workshops

To register:

- Contact your Village Connect worker OR
- Email: [krtne-villageconnect@health.nsw.gov.au](mailto:krtne-villageconnect@health.nsw.gov.au) OR
- Click on the program name or Scan the QR code here:





**Child development workshops**

For Children Aged 2-12years.  
Join our 8-week Being a Parent course to learn practical skills for raising confident, happy children. Finish the course, and you could become a paid trainer. Free childcare and afternoon tea provided!

**Walk, Talk & Connect Camden**

For children aged 0-6years!  
Come join our weekly group in Camden (Nepean River Trail, 42 Exeter St Camden). It's a great way to meet other young parents, relax, & enjoy time outdoors with your little ones. When it rains, we grab coffee instead!



**Liverpool Antenatal, Growing together hub**

Expecting a baby and under 19?  
Join us to chat about pregnancy, birth, parenting, housing, relationships, and more so you're prepared and ready when bub arrives! For expectant parents 19 years and under birthing at Liverpool hospital.



**My toddler & me playgroup**

For Children aged 1-2years. Live toddler coaching through play!  
Join our 8-week toddler parenting group to learn tips for building a strong bond and supporting your toddler's development. Get live coaching and support to help you connect better with your little one.



**Nurse bookings**

Need some parenting advice or support? do you have questions around feeding, starting solids, sleep & settling or more? Book a chat with our nurse – here to help parents of little ones (0-4 years)! Available from June onwards!

**OT & Speech Therapy supports**

Quick access to speech and occupational therapy sessions. Help build your child's communication and motor skills. Personalized support to help your child thrive, offering guidance tailored to your family's needs

**Young Parent Playgroups**

For Children aged 0-6years! Join one of our weekly playgroups! Connect with other young mums, build a support network, and get support from our team. Enjoy quality time learning and playing with your kids!  
Locations: Ambarvale, Miller & Tahmoor

**Centrelink supports**

Request an appointment with our Centrelink representative. Appointments are available to discuss concerns or payment needs/entitlements. They are booked at 30-minute sessions in person, over the phone, or via video link.



**Seasons for growth**

Life comes with ups and downs—let's navigate them together! This small group program, run with our friends at Big Yellow Umbrella, helps young parents and their children cope with change, loss, and grief in a safe, supportive space.

You can make a referral for all Village Connect supports [HERE](#) Or scan the QR code



Tues 22nd July 2025 – Young Parent Education & Careers Expo, more info soon!

