

# Peppercorn Children & Families

August - 2021

## Playgroup Zoom Sessions

Focusing on Mother Goose interactive rhymes, stories and songs. Teaching is directed to the adult who then can teach their children. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years and give their children healthy early experiences with language and communication.

### Playgroup Sessions:

Tuesday 10:00 to 10:30am & 11:00 to 11:30am

Thursday 10:00 to 10:30am & 11:00 to 11:30am

### Tiny Tots Sessions:

Tuesday 10:00 to 10:30am

Thursday 11:00 to 11:30am

Bookings essential: [dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au)

## Forgotten Valley Preschools

Our preschoolers and families have been enjoying connection through our online Zoom sessions, playing games of "Scavenger Hunt" and singing our favourite songs together.

### Preschool Sessions:

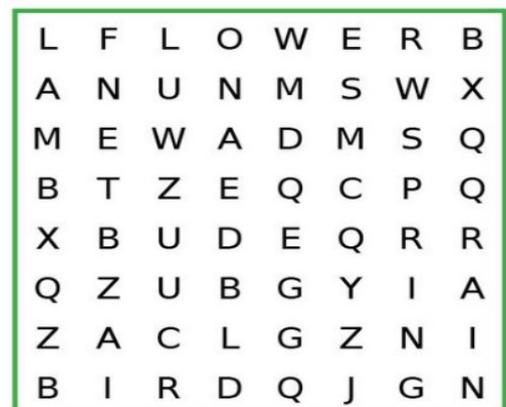
Mondays & Tuesdays 10:15am to 11:00am

## Online 123 Magic & Emotion Coaching

This online parenting program gives you tools to manage challenging and testing behaviours in a calm way. It helps you encourage good behaviour by using emotion coaching strategies, and improves your understanding of your child's stages of development.

Call or email to book an over the phone meeting with a Family Worker to discuss the needs of your family.

## Spring Word Search



BIRD  
BUD  
EGG  
FLOWER

LAMB  
NET  
RAIN  
SPRING



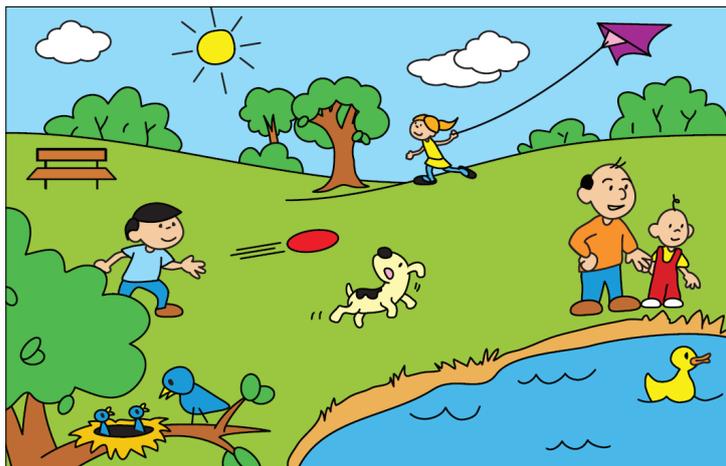
Peppercorn Children & Families

South Windsor Family Centre | 6 Greenhills Way | SOUTH WINDSOR, NSW 2756

(02) 4577 9804 | [dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au)

## A day in the Park

Can you spot 5 differences in the below pictures?



## Walking While Talking

Walking while talking can have a great impact on our health and wellbeing. Are you experiencing isolation and want a buddy to walk while talking? Peppercorn staff are ready to connect and provide support. Register your interest -

Phone 4577 9804 or email  
[dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au)



## LINCS Support

LINCS is a volunteer based home visiting program that helps fill the gaps for families who need practical support and/or mentoring. Although face to face visits are not possible at the moment, contact is maintained through phone calls and online Zoom sessions. These catch-ups are a fun way of connecting and sharing lockdown ideas.

For more information either as a family or as a Volunteer call 4577 9804 or email  
[lincs@peppercorn.org.au](mailto:lincs@peppercorn.org.au)

## Online Cuppa ☕ Chat

Are you new to the Hawkesbury or would you like to make new friends? Join Peppercorn staff and other parents/carers on Zoom for an online chat. Bring your Cuppa, share your ideas and activities that have kept you busy during lockdown.

Register your interest -

Phone 4577 9804 or email  
[dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au)

## Follow us on Facebook!

Peppercorn Children and Families Facebook page offers an interesting place to connect. We share fun activities and new ideas for play, new stories to read along with and up to date parent information.



Find us on Facebook:  
**Peppercorn Children and Families**

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