

Peppercorn Children & Families

Term 1 - 2023

Circle of Security Parenting

Tuesdays

21st February - 4th April

10:00am - 12:00pm

7 Week Program

Circle of Security gives you the tools to support your child's ability to manage their emotions, enhance the development of your child's self esteem, and understand your child's emotional world by learning to read their emotional needs.

Bookings Essential

Family First Aid

Thursday 16th March

9:30am - 11:30am

(Families with children 1 - 5 yrs)

12:30pm - 2:30pm

(Families with babies 0 - 12 mths)

Relaxed and practical hands on session. Each participant will learn the skills and gain understanding on how to manage child related emergencies.

Bookings Essential

One-Off Workshops

Mondays

27th February - 3rd April

1:00pm - 2:30pm

6 Individual Sessions

A series of interactive information sessions hosted by Dietitian, Speech Pathologist, Occupational Therapist & More!

27th February - Eating well for Families

6th March - Brain Development for children 0 - 12 mths

13th March - Brain Development for children 1 - 5 yrs

20th March - Speech Development for children 0 - 5 yrs

27th March & 3rd April - TBC (Please enquire)

Bookings Essential

Mums & Bubs Yoga

Wednesdays

1st March - 5th April

10:30am - 11:30am

6 Week Program

Join us for a 6 week relaxed and welcoming yoga program for you and your baby. Please bring a water bottle and large towel. \$5.00 per session (\$30 total).

Bookings Essential



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

(02) 4577 9804 | dropin@peppercorn.org.au

Term 1 Groups, 2023

	Monday	Tuesday	Wednesday	Thursday
AM	<p>Mini Explorers 9 - 18 Months</p> <p>Explore new environments and become involved in group activities, music and movement with your child.</p>	<p>Supported Playgroup 0 - 6 Years</p> <p>Listen to books and songs in a relaxed environment, develop essential early literacy skills and work on fine motor skills with weekly craft.</p>	<p>Big Explorers 18 Months - 2.5 Years</p> <p>Engage with new group activities, music and movement and develop social connections for both parent and child.</p>	<p>Supported Playgroup 0 - 6 Years</p> <p>Listen to books and songs in a relaxed environment, develop essential early literacy skills and work on fine motor skills with weekly craft.</p>
PM	<p>All groups require bookings</p> <p>Please call (02) 4577 9804</p>	<p>Mums & Bubs 0 - 12 Months 1:00pm—2:30pm <i>(Drop ins welcome)</i></p> <p>Social group to meet new friends, build a support network and learn from other new parents.</p>	<p>Mother Goose 0 - 9 Months</p> <p>Inspired by the Parent-Child Mother Goose Program. Using rhymes and songs to nurture your child's listening and language development.</p>	<p>Connect & Chat Newborn</p> <p>Social group for first time parents with newborns facilitated by Hawkesbury Hospital.</p>

Family Support

Family support is a free service available to families in the Hawkesbury region. Family Workers can provide you with information on attachment and bonding with your child, managing challenging behaviour, and child development.

We have information on current parenting advice, parenting programs and links to specialist services and other community networks.

Call or email for more information



LINCS: Practical Family Support

LINCS is a free volunteer-based home visiting support service for families living in the Hawkesbury who have at least one child under twelve and/or are pregnant. LINCS volunteers can support you when family and friends are not around or are not available.

Call or email for more information

Additional Services

- ◇ Breast Pump Hire
- ◇ Kids Workshops
- ◇ Parent Resource Library



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