

# FRIDAY

## PARENT CHILD MOTHER GOOSE

This program promotes parent-child relationships through singing and story telling and affectionate physical touch.

- Yagoona Community Centre - 176 Cooper Rd, Yagoona
- 4.2.2022 - 23.3.2022
- 10:00am - 11:30am
- No childcare available
- Contact: Wafa or Hazel - 1300 254 657

## BLACK BOX PARENTING

The Black Box Parenting program is an innovative program developed specifically for the challenges after trauma. The program is a great, non blaming way to get parents thinking about how they interact with their children and how to manage some of the challenges of parenting after experiencing family violence.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 4.2.2022 - 8.4.2022
- 10AM - 12PM
- NO childcare available
- Contact: Jasmin N 1300 254 657



Are you a family living in Bankstown and the surrounding suburbs?

Do you need assistance finding services, understanding forms or would you like us to provide you with parenting support through a range of proven techniques and programs?

Call us today and speak to one of our friendly Client Service Officers to learn more about how we can support you support your family



Communities & Justice

Bankstown Communities for Children Facilitating Partner is funded by the Australian Government and facilitated in Bankstown by The Smith Family

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 **Creating Links**  
Communities for the future

**TARGETED  
EARLIER  
INTERVENTION**

**Term 1 Calendar - 2022**



# MONDAY

## CREATING A POSITIVE START TO THE NEW YEAR

During this series of workshops, we will look at ways to re-imagine your future, be more positive, learn self-care and coping strategies all whilst making new friends along the way.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 31.1.2022 - 28.2.2022
- 10AM - 11AM
- NO childcare available
- **Contact: Beck 1300 254 657**



## 1 2 3 MAGIC & EMOTION COACHING

Parents will be able to learn various tips and tricks to manage difficult behaviour in children as well as managing their emotions.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 14.2.2022 - 28.2.2022
- 10AM - 12PM
- NO childcare available
- **Contact: Hazel - 1300 254 657**

# TUESDAY

## TUNING INTO KIDS

This program focuses on the emotional connection between parents and children, helping parents to recognise, understand and respond to children's emotions.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 8.3.2022 - 5.4.2022
- 11:30AM - 1:30PM
- NO childcare available
- **Contact: Alyssa K - 1300 254 657**

## BRINGING UP GREAT KIDS - PARENTING AFTER FAMILY VIOLENCE

BUGK: Parenting after family violence is a mindful reflective program that offers support to women to explore and reclaim their confidence and belief in themselves.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 15.2.2022 - 22.3.2022
- 5:30PM - 7:00PM
- NO childcare available
- **Contact: Amanda 1300 254 657**



# THURSDAY

## DRUMBEAT FOR PARENTS of CHILDREN AGED 10-17

Drumbeat is a therapeutic music group for social and emotional learning opportunities that enables real change. It is a highly effective, evidence-based program which helps participants to reduce stress, build self-esteem and improve communication and relationships with teens.

- Creating Links L2 - 58 Kitchener Pde Bankstown
- 24.2.2022 - 24.3.2022
- 11:00am - 12:30pm
- Childcare available
- **Contact: Edgee - 1300 254 657**



## MAKING YOUR OWN STORY BOOKS

In these workshops parents and children will be given the tools to create a simple story book together based on your family and culture that you can keep and share with your loved ones.

- Creating Links - L2, 58 Kitchener Pde Bankstown
- 24.3.2022 - 7.4.2022
- 10AM - 11AM
- No childcare available
- **Contact: Beck - 1300 254 657**



## PARENT CHILD MOTHER GOOSE

This program promotes parent-child relationships through singing and story telling and affectionate physical touch.

- Bankstown Library - 80 Rickard Rd Bankstown
- 3.2.2022 - 24.3.2022
- 10:00am - 11:30am
- No childcare available
- **Contact: Wafa or Amanda N - 1300 254 657**

## DISCOVERY OF PLAY

This program is designed for parents /carers with children aged 2-5. You will engage in activities to support language development, increase attachment and build skills in preparation for school.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 1.2.2022 - 22.2.2022
- 10:00am - 11:30am
- No childcare available
- **Contact: Beck - 1300 254 657**

# WEDNESDAY

## KEEPING CHILDREN SAFE

The Keeping Children Safe group aims to promote awareness on your children's growth free from physical, emotional and mental injuries.

- Online Via ZOOM
- 2.3.2022 - 6.4.2022
- 11:30AM - 1:30PM
- Childcare available
- **Contact: Julious - 1300 254 657**



## MANDALA MAKING WORKSHOP

Create your own Mandala for self expression and to decorate your home. Relax in an informal group setting whilst using simple materials to make your Mandala.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 16 & 23.2.2022
- 10AM - 11AM
- NO childcare available
- **Contact: Beck 1300 254 657**



## MAKE YOUR OWN PUPPETS

During these workshops you will be making your own finger puppets! In the second week we will look at different ways to creatively play with the puppets.

- Creating Links Level 2 - 58 Kitchener Pde Bankstown
- 2 & 9.2.2022
- 10AM - 11AM
- NO childcare available
- **Contact: Beck 1300 254 657**

