

**Terms Three and Four 2011****GENERAL GROUPS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
14 Jul-11 Aug Thursdays	<b>Being a Dad</b>	Being a Dad is really great but really tough – if you think you need some help why not try this four session group where you can meet other dads with similar challenges? The group will help you connect and work with your children. <b>Bookings essential.</b>	Marymead 255 Goyder Street Narrabundah 6.00pm – 9.00pm	\$50 \$25 conc. Dinner	Terry Norman Ph. 6162 5851
19 Jul-09 Aug Tuesdays	<b>Introduction to Anger management</b>	A four session group to help dads understand and work with their anger emotion non-aggressively. <b>Bookings essential.</b>	Marymead 255 Goyder St Narrabundah 6.00pm – 9.00pm	\$40/\$20 conc dinner provided	Terry Norman Ph: 6162 5851
04 Aug Thursday	<b>Parent Effectiveness Training (P.E.T)</b>	Eight week course. An evidence-based, highly practical course about making and maintaining a good relationship with your children, based on mutual respect. P.E.T helps your child develop self-discipline, by NOT using rewards or punishment. Teaches listening, assertiveness and win-win conflict resolution skills. Is the ‘how to’ of emotional intelligence and resilience.	Woden  7 – 10.15 pm	POA	Larissa Ph: 041 345 1607
16 Aug-06 Sep Tuesdays	<b>Accepting &amp; valuing strong emotions</b>	A group to help dads acknowledge and explore their primary emotions. <b>Bookings essential.</b>	Marymead 6.00pm – 9.00pm	\$40/\$20 conc. Dinner	Terry Norman Ph. 6162 5851
17 <sup>th</sup> October Mondays	<b>Parent Effectiveness Training (P.E.T)</b>	Eight week course. An evidence-based, highly practical course about making and maintaining a good relationship with your children, based on mutual respect. P.E.T helps your child develop self-discipline, by NOT using rewards or punishment. Teaches listening, assertiveness and win-win conflict resolution skills. Is the ‘how to’ of emotional intelligence and resilience.	Woden  7 – 10.15 pm	Sliding scale depending on income	Parentline Ph: 6287 3833
18 Oct-22 Nov Tuesdays	<b>Parenting for Positive Relationships</b>	A six session group for mums wanting to strengthen their relationship with their children and other family members. Topics include the nature of relationships, strengthening interactions with children, and the basis for good communication. <b>Bookings essential.</b> Assistance with transport and childcare available if needed.	Marymead. 255 Goyder Street Narrabundah  Lunch included 10 am – 1.30 pm	\$60/\$30 concession	Ph: 6162 5800

**Terms Three and Four 2011**

19 <sup>th</sup> October,2011 Wednesdays	<b>Parent Effectiveness Training for Foster Carers and Kinship carers</b>	Because children with a history of trauma simply cannot regulate their emotions, responses, or behaviour, striving for positive, emotionally attuned relationships with the child in your care is vital to achieving stability. P.E.T. teaches how to improve and sustain your relationship to your child by building warmth, trust and intimacy through effective and respectful communication. Course run over eight weeks.	<b>Weston Creek</b>  <b>9.30 am to 12.45pm</b>	Free  Limited childcare may be offered	Parentline  Ph: 6287 3833
24 Oct-21 Nov Mondays	<b>Self Care for Mums</b>	A four session group for mums who have a busy life and find little time for themselves. Both you and your family will benefit from making time for you a habit. Fun and educational. Assistance with transport and childcare available if needed. <b>Bookings essential.</b>	Marymead 255 Goyder Street Narrabundah  10am-1.30pm	\$40/\$20conc Lunch provided	Ph: 6162 5800
20 Oct-10 Nov Thursdays	<b>Parenting for Positive Behaviours for Dads</b>	Having difficulty with your parenting role? Meet other dads who understand your situation and together discover skills to encourage positive behaviours in your children. <b>Bookings essential.</b>	Marymead 255 Goyder St Narrabundah  6.00pm – 9.00pm	\$60/ \$20 conc. Dinner provided	Terry Norman  Ph. 6162 5851
14 Sep-5 Oct Wednesday	<b>Stress and Anger Management for Dads</b>	Is balancing your competing roles as a nurturing father and family provider stressing your? Might you revert to anger? Meet other dad facing similar dilemmas and together discover strategies for recuing stress and enjoying your children and family life more. Facilitators: Duncan Rhodes, Family skills Program Marymead, and Richard Murray, somatic Psychotherapist.	Tuggeranong Youth Centre Cnr Pitman &Holwell Sts. Greenway. 6-9pm	\$40 for four week program. Light meal provided.	Chris Cook Ph: 62936549  Terry Norman Ph: 61625851
15 Sep - 06 Oct Thursdays	<b>Strong Emotions and Family Relationships.</b>	A four session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners. <b>Bookings essential.</b>	255 Goyder St Narrabundah OR Family Relationship Centre ,Woden 6.00pm – 9.00pm	\$40 \$20 conc.  Dinner provided	Terry Norman Ph. 6162 5851
17 Nov-08 Dec Thursdays	<b>Managing Anger and other emotions</b>	A four session group to help dads understand and work with their anger. <b>Bookings essential</b>	Marymead 255 Goyder St Narrabundah 6-9pm	\$40/\$20 conc Dinner provided	Terry Norman Ph: 6162 5851

**Terms Three and Four 2011**

TBA	<b>Building Better Relationships</b>	This group suits couples who are married, same sex, going out or living together and who want to deepen their understanding of their relationship. It aims to improve communications skills and explore new ways to build up relationships and positively manage stress. It is not suitable for couples in the midst of a major crisis. Telephone for details as <b>booking is essential</b>	Relationships Australia. 15 Napier Close, Deakin	TBA	Ph: 61227100
Held over two weekends  TBA	<b>Stepping Stones</b>	A practical course to help family members cope with drug and alcohol issues. A 72 hour course that covers topics such as: coping with stress and anger, communication skills, boundary and limit setting, so that you have the resources to maximise the help getting to the substance user.	Phone for venue details  <b>Bookings essential</b>	\$70 for membership and booklet Concessions available	Family Drug Support ADFACT Ph: 0402 604354 Ph:02 4782 9222
TBA	<b>Parenting skills for Couples</b>	Course to help develop parenting skills. Childcare available.	Marymead 10am-1.30pm	\$40 per couple \$20 conc. Lunch	Terry Norman Ph: 6162 5851
TBA One or two evenings per term for the year	<b>P.E.T Refresher Evenings</b>	A three hour session for graduates of Parent Effectiveness Training (P.E.T) to refresh their skills in a practical session. Participants will be invited to discuss and utilise the skills from situations in their own lives, to make the session relevant to their needs.	Weston 7pm – 10pm	\$10	Parentline ACT Ph: 6287 3833
By appointment	<b>Children’s Behaviour and Well-being Clinic</b>	Single session consultations with clinicians, for parents and children to identify concerns, provide information on child development and behaviours, discuss strategies to address the concerns, and support your family to link in with appropriate services.	Child & Family Centre Gungahlin	Free	Gungahlin Child & Family Centre Ph: 6207 0120
TBA	<b>Best Foot Forward</b>	A 4 session course about guiding your young child’s behaviour and day to day challenges for parents.	West Belconnen Child & Family Centre	Free	Intake Ph: 6205 2904
TBA	<b>Topical Talks</b>	Information sessions for groups of parents on topics such as: practical behaviour tips, toilet training, play to learn and dental health.	West Belconnen Child & Family Centre	Free	Intake Ph: 6205 2904
TBA	<b>Parenting Sessions</b>	Three sessions for parents providing the opportunity for parents to further their skills with meeting the challenges of parenting, across different aspects of parenting. Run by Communities@work and Nuskills.	TBA	Free	Nuskills Ph: 6100 6674

**Terms Three and Four 2011****UNDER FIVES**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
17 Oct – 12 Dec Monday in Gungahlin 18 Oct- 13 Dec Tuesday in Belconnen	<b>YMCA Rhyming Connections Program</b>	Time for parents to learn songs, rhymes and stories together with their young child. This free 10 week activity is an excellent social activity for both parent and child. Program for 0-1 yrs, and 1 – 3 yrs.	Gungahlin- 0-1 yrs 1.30-3pm  Belconnen – 1-3 yrs 9.30-11am	Free	YMCA Child & Family Centre  Ph: 6251 1683
Information sessions on request	<b>Topical talks</b>	Information sessions on request for various parent groups on topics such as Practical Behaviour Tips, Toilet Learning, Play to Learn and Learn to Play.	Contact intake worker to arrange a talk.	Free	Tuggeranong Child & Family Centre Ph: 6207 8228
TBA	<b>Best Foot Forward</b>	A 4 session course about guiding young children's behaviour and the day-to-day challenges for parents. The course aims at strengthening your skills as a parent to build better relationships with your children.	Tuggeranong, Belconnen, Gungahlin Child & Family Centres Times TBA	Free	Ph: 6205 2904
Dates TBA	<b>And Baby Makes Three</b>	This program looks at typical issues that arise within the couple relationship after the birth of a baby and seeks to build on and strengthen relationships during this important and exciting time. This group is open to expectant and new parents and parents of toddlers or those expecting their second child. Babies are welcome. <b>Bookings essential.</b>	Tuggeranong, Belconnen, Gungahlin Child & Family Centres Times TBA	Free	Relationships Australia  Ph: 6122 7100
TBA	<b>Relaxing into Parenting</b>	A program for expectant first time parents run by the Queen Elizabeth II Family Centre, Child Youth and Women's Health, and Child and Family Centres.	Tuggeranong, Belconnen, Gungahlin Child & Family Centres Times TBA	Free	Ph: 6205 2905
TBA	<b>Positive Parenting Program Triple P</b>	For parents with children under 6 years. Learn and practice positive ways to manage your children's behaviour, parent stress and anger.	Kippax Health Centre Holt 10am – 12pm	Free	Yolanda Ph: 6278 8115
TBA	<b>Positive Parenting Program Triple P</b>	For parents with children under 6 years. Learn and practice positive ways to manage your children's behaviour, parent stress and anger. The programme aims to strengthen relationships between dads, mums, and their children.	Tuggeranong Child & Family Centre	Free	Tuggeranong Child & Family Centre Ph: 6207 8228

**Terms Three and Four 2011**

Wednesdays, School terms	<b>Paint and Play Ainslie</b>	An outreach playgroup for children, parents and their carers. Bring your own smock. Kids do painting, play dough, stories and music. Adults join in, chat with others. Facilitated by ParentLine staff and volunteers. Bring own smock and hat.	Wakefield Gardens, Ainslie. 9.45 – 11.00 am.	Free.	Parentline.  Ph: 6287 3833.
Tuesdays, school term time	<b>Paint and Play Gungahlin</b>	An outreach play group for children and parents of Gungahlin. Focus on children from 0 – 5. Bring your own hat and smock.	Ngunnawal Park.  9.45 – 11.00am	Free	Gungahlin Child & Family Centre Ph: 6207 0120
Fridays. School term time	<b>Paint and Play, Tuggeranong</b>	A fun time for kids aged 0 – 5 year and their parents to paint, do puzzles, meet other kids and play games. Parents can chat or join in. Grandparents and carers welcome.	Alternating -Richardson /Kambah 10 – 11.15	Free	Tuggeranong child & family centre. Ph: 6207 8228
Tuesdays and Wednesdays mornings	<b>Queanbeyan Playgroups</b>	Two playgroups for parents and their young children.	Schools as Communities Queanbeyan	Free	Maureen Ph: 6297 2167
Thursdays	<b>Paint and Play Forde</b>	A fun outdoor time for children zero to five years to paint, do puzzles and play games. Play with your child and meet other mums and dads. Just turn up	Heritage Park Francis Forde Boulevard 9.45am- 11am	Free	Gungahlin Child & Family Centre Ph: 62070120
Wednesdays	<b>Paint and Play Harrison</b>	A fun outdoor time for children zero to five years to painting, do puzzles and play games. Play with your child and meet other mums and dads. Just turn up	Harrison Park Cnr Encourter and Katoomba Streets 9.45am- 11am	Free	Gungahlin Child & Family Centre Ph: 62070120
Tuesdays	<b>Poppy Playgroup</b>	A supported playgroup for parents to share experiences while having fun with children. For Mums and Dads with mental health issues. Bookings essential	Tuggeranong Child & Family centre	Free	Tuggeranong child & family centre. Ph: 6207 8228
Tuesdays during school term	<b>Parents, Tinnies and Toddlers</b>	Fun and creative dance class for mums and/or dads and their small children under four years.	Hackett  10 – 11 am	\$10/family	Canberra Dance Theatre Ph: 0435 025 365

**Terms Three and Four 2011**

TBA	<b>Learn, giggle and grow.</b>	A facilitated playgroup for families wanting extra support due to challenges in their life. A supported playgroup where you can meet other mums and dads, share experiences while having fun playing with your children. Bookings essential	West Belconnen Child and Family Centre	Free	Intake Ph: 62052904
Wednesday am During school term	<b>Learn, giggle and grow.</b>	A facilitated playgroup for families wanting extra support due to challenges in their life. A supported playgroup where you can meet other mums and dads, share experiences while having fun playing with your children.	Child and Family Centre, <b>Tuggeranong</b> 10.00am-11.30am	Free	Tuggeranong child & family centre. Ph:6207 8228
Course run each month	<b>New Parents Groups</b>	Information and strategies for parents of babies up to 6 months.	Canberra Health Centres	Donation	Community Health Ph: 6207 9977
12.15 – 2-15pm. Mondays	<b>Puggles Playgroup</b>	Playgroup for parents who have lost a child. <b>Bookings are essential.</b>	Rivett	Free	SIDS and Kids Ph: 6287 4255

**PRIMARY SCHOOL**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
A course run each term, dates TBA.	<b>Triple P – Positive Parenting Program</b>	An 8 week program, to help parents manage their children’s behaviour in constructive ways, recognise causes of common child behaviour and encourage desirable behaviour in their children.	Tuggeranong Child & Family Centre Gungahlin Child & Family Centre		Tuggeranong Ph. 6207 8228 Gungahlin Ph: 6207 0120
TBA	<b>Triple P – Positive Parenting Program</b>	An 8 week program, to help parents manage their children’s behaviour in constructive ways, recognise causes of common child behaviour and encourage desirable behaviour in their children.	Schools as Communities Queanbeyan 1 -3 pm	Free	Maureen Ph: 6297 2167
TBA	<b>Lifestyle Triple P</b>	For parents of children between 5 – 10 years, who would like to improve their child’s nutritional intake and physical activity. This course can help parents learn about healthy food choices for their children.	Child and Family Centres, Tuggeranong and Gungahlin	Free	Narelle Ph: 6205 2430

**Terms Three and Four 2011****ADOLESCENTS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
18 Aug-08 Sep Thursday	<b>Engaging Adolescents.</b>	A course for couples which addresses the particular challenges of engaging with adolescents. Bookings essential	Marymead 255 Goyder St Narrabundah 6-8pm	\$40/\$20conc Dinner provided	
Runs each term Ring to book.	<b>Resourceful Adolescent Program for Parents (RAP-P)</b>	A three week program to help your teenager develop healthy self-esteem, manage your stress, prevent and manage conflict, promote harmony in your family.	Catholic Care Red Hill 6pm – 9pm	\$50	Gayle Ph: 6162 6159
Tuesdays TBA	<b>Parenting Adolescents</b>	A six week support and discussion group providing valuable insights into communication blocks and skills to unravel them, and much more.	Smith Family Woden 6.00pm – 8.30 pm	Free Light supper provided.	YWCA Ph: 6258 5933

**SUPPORT/DISCUSSION GROUPS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
Wednesdays During school term	<b>Majura Women's Group</b>	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Low cost, high quality childcare available.	Downer Community Centre 9.30 am to 12.00 pm	\$5 voluntary donation per session.	Ph: 6161 7156
Tuesdays during school term	<b>Brindabella Women's Group</b>	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Creative sessions also held. Childcare available.	Chisholm Community Centre 9.30am to 12.30 pm	\$5 voluntary donation per session.	Jess Ph: 6291 1613
Second Tuesday of the month	<b>Parent Support Group</b>	For parents who have suffered the sudden and unexpected loss of a young child up to six years.	All groups at Chifley 6.30 – 8 pm	Please phone before attending.	Sids and Kids ACT Ph: 6287 4255
Second Thurs of the month.	<b>Genetic loss Support Group</b>	Please call 'Sid's and Kid's' to book in and for more information.	6.30-8pm	Please phone before attending.	Sids and Kids ACT Ph: 6287 4255
Mondays for 4 wks	<b>Early Pregnancy Loss Group</b>	Please call 'Sid's and Kid's' to book in and for more information.	6.30-8pm	Please phone before attending.	Sids and Kids ACT Ph: 6287 4255

**Terms Three and Four 2011**

Mondays for 4 wks	<b>Subsequent Pregnancy after loss</b>	Please call 'Sid's and Kid's' to book in and for more information.	10.30-12 noon	Please phone before attending.	Sids and Kids ACT Ph: 6287 4255
TBA	<b>Maysoon ("women walking proudly")</b>	An eight session course for women with alcohol and/or other drug issues, who also have children. Sessions include: self esteem, goals, confidence and pampering.	Woden times TBA Includes lunch and free childcare	Gold coin.	Directions, ACT Ph: 6122 8000
Wednesdays	<b>Stressed Out Sisters</b>	Enjoy some grown up time for yourself with our health and craft group while we keep an eye on your children.	Belconnen Community Service 9.00am – 12.00pm	Free. Childcare on site	Helen Ph: 6278 4175
Tuesday	<b>PANDSI Support Group</b>	An open group offering support to develop strength and skills to help cope with depression and anxiety related pregnancy, birth and early parenting	PANDSI Office 25 Staphylton St Holder 7 – 8.30pm	Free	PANDSI Ph: 62881936
Wednesday	<b>PANDSI Pram walk</b>	A one hour scenic walk for all levels of fitness followed by social coffee. Children welcome in prams and carries. Weather permitting.	PANDSI Office, 25 Staphylton St Holder	Free	PANDSI Ph: 6288 1936
Wednesday	<b>PANDSI Playgroup</b>	Talk to a support worker, make friends and share mutual support around post and antenatal depression while enjoying quality time with your children.	PANDSI Office, 25 Staphylton St Holder 10.30am – 12 noon	Free	PANDSI Ph: 6288 1936
Various	<b>Mothers Group – Australian Breastfeeding Association (ABA)</b>	Local mothers groups throughout Canberra, for all mums, children, mums-to-be (partners welcome). Social gatherings and discussions on parenting topics.	TBA – phone to find details for your area	Free for members	ABA Ph: 1800 686 2686
TBA	<b>Navigating Adolescents</b>	A free support and discussion group for parents of adolescents. Come along and share information, experiences and strategies, and learn about adolescent development issues. Light meal provided. <b>Bookings essential.</b>	YWCA, LVL 5 CPA Build, 161 London Circuit. Civic.	Free	Ph: 6258 5933

**Terms Three and Four 2011****GROUPS FOR PARENTS OF A CHILD WITH A DISABILITY/SPECIAL NEEDS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
3 – 24 August Wednesdays	<b>Behaviour Matters 1</b>	A 'Skills for Carers' course for family carers. Working out and managing "normal" and "not so normal" behaviour in children with disabilities.	CIT Southside Campus Ainsworth Street, Phillip 6.30pm-8.30pm	Free	<a href="mailto:CarersSkills@cit.edu.au">CarersSkills@cit.edu.au</a> Ph: 6207 3628
26 Aug – 16 Sep Fridays	<b>Behaviour Matters 1</b>	A 'Skills for Carers' course for family carers. Working out and managing "normal" and "not so normal" behaviour in children with disabilities.	Bobbie Cook Behaviour Management and Counselling Shop 5. Cook 9.30am-11.30am	Free	<a href="mailto:CarersSkills@cit.edu.au">CarersSkills@cit.edu.au</a> Ph: 6207 3628
10-11.30am Thursday 10- 11.30am Wednesday	<b>My Time Playgroup</b>	Gives parents or carers a chance to socialise and share ideas with others who understand the rewards and intensity of the caring role. Facilitated by ACT playgroups Development and Support Workers/	Scullin Pre School & Gungahlin Child and Family Centre	Free	ACT Playgroups  Debra Ph: 1800 171 882
TBA	<b>SoSAFE! Training</b>	Provides an introduction for parents and carers to the SoSAFE set of visual tools to teach social safety and relationships to people with moderate to severe intellectual disability, and Autism Spectrum disorder.	SHFPACT Canberra City 9am – 5pm	\$255	Sexual Health & Family Planning. Ph: 6247 3077
Saturdays, during Term 2.	<b>Jumping Juniors</b>	Fun and creative dance class for 5-7 year olds with special needs and their parents/carers. Siblings may also join occasionally at no extra cost.	Canberra Dance Theatre Studio. 11.40 – 11.10am		Canberra Dance Theatre Ph: 0435 025 365

**GROUPS FOR SEPARATED AND SOLE PARENTS AND/OR THEIR CHILDREN**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
17 Aug-07 Sep Wednesday	<b>Being a Separated Dad</b>	This four session group is for dads who have separated from the mother of their children. <b>Booking essential.</b>	Marymead 255 Goyder St  6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph: 6162 5851

**Terms Three and Four 2011**

20 Aug Saturday	<b>Co -Parenting after separation</b>	This program helps participants deal with the challenges of parenting after separating. It examines ways to take you forward into a constructive parenting relationship benefiting yours and your children. Topics include but are not limited to, the experience for children of separated parents, transitions from one home to two and managing conflict and communication. Telephone for details	Relationships Australia. 15 Napier Close, Deakin.  9am – 5pm	\$80	Ph: 61227100
TBA	<b>KAYAKS – Kids and Youth are Kool post-Separation</b>	A group for 11-14 year olds who are having difficulty with the impact of their parents' separation. Also offers groups for 8 – 11 year olds, and some individual counselling for children and young people post-separation.	Marymead, Narrabundah 3.45 – 5pm	\$80/440 concession	Gwenda Ph: 6162 5829

**INDIGENOUS PARENT GROUPS**

TBA	<b>Indigenous Parenting Support Service</b>	Various programs for Aboriginal and Torres Strait Islander mums, dads and their children.	Gungahlin		Gungahlin Child & Family Centre Ph: 6207 0120
Mondays	<b>Boori's Playgroup – for Koori, Murri and TSI Mums and Dads</b>	Parents are welcome to join this Koori playgroup. Morning tea and lunch provided. Community bus available for pick ups. Call 6251 2100 - c	Kippax 11.30am – 1.30pm	Free	BCS Pam Ph: 6278 8110
Various times Contact NCS	<b>Learning journeys Tutoring</b>	This program is aimed at increasing the school participation of Aboriginal and Torres Strait Islander children who are in need of a little extra support. Available both during and after school.	Northside Community Service		NCS Kate Ph: 6163 0431
Various times Contact NCS	<b>Learning Journeys Parents Program</b>	This program has been developed in consultation with Aboriginal and Torres Strait Islander parents who want to play a more active role in their child's schooling but are unsure how to go about it.	Northside Community Service		NCS Kate Ph: 6163 0431

**Terms Three and Four 2011****CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) PARENT GROUPS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
TBA	<b>Supporting Asian Women Friendship association</b>	A community group for all Asian mothers, single mothers and grandmothers, that meet for a meal, a chat, and other activities. Phone for details.	Pearce Community Centre	\$3.00 Includes lunch	Prillisia Ph: 0422 737 751
Thursdays	<b>Multicultural Playgroup</b>	The aim of the playgroup is to assist multicultural families (with children 0-5) living in Tuggeranong to settle into the community, and to provide support in nurturing their child's development through play.	10.00-11.30 am Activities Room Tuggeranong Child and Family Centre		Tuggeranong Child & Family Centre Ph: 6207 8228

**YOUNG PARENTS GROUPS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
Wednesdays	<b>Young Parent's Group</b>	Opportunity for young parents 12 to 25 years to meet and share information. Morning tea provided,	Ring for information	Free	Youth in the City Ph: 6232 2444
Wednesdays during school term	<b>Young Mum's Group</b>	A support group for young mothers and their children. Partnership between Barnardos and Schools as Communities.	SACC Centre Queanbeyan Primary School	Gold coin donation. 12.30 – 3.00pm	Barnardos Wendy Ph: 6124 3800
26 July- 13 Dec Tuesdays	<b>STEPS – Skills, Training, Empowerment, Pathways, Support</b>	A series of weekly workshops that aim to educate and support young women (13-25) to enhance their health and well-being. Topics include: community and social connections, health and well-being, positive parenting and healthy relationships. Additional support may be provided through STEPS case-management model. <b>Bookings essential.</b>	10.30am  Lanyon Youth community Centre	Free. Includes free lunch, free transport and free childcare.	Claudia Ph: 0417 459 297

**GRANDPARENTS PROGRAMS**

<b>Date</b>	<b>Course Name</b>	<b>Description</b>	<b>Venue/time</b>	<b>Cost</b>	<b>Contact</b>
Every second Wed of the month	<b>Grandparents Raising Grandchildren</b>	A program providing information and support to grandparents raising grandchildren. Monthly meetings with guest speakers and time to talk to other grandparents over lunch.	Marymead 12pm – 2.30pm	No cost	Ph: 6162 5852
Most week days during term.	<b>Grand Jugglers</b>	A circus skills program, through Warehouse Circus, for children 8 years and over, who are being parented by grandparents	Warehouse Circus, Chiefly and Barton 4pm-6pm	Free	Ph: 6205 2322