

# Course Calendar Term 3 2024

CENTRAL COAST



**FAMILY SUPPORT SERVICES**

Central Coast Family Support Services course work programs are delivered face to face unless stated as online. Some courses will have limited free childcare available which will need to be booked during registration.

## PARENTING PROGRAMS

COURSE	LOCATION	DATES	TIME
<b>P4P - Preparation for Birth &amp; Parenting</b> 6 week face to face course for first time parents under 25 years.	<b>Kariong</b> Central Coast Family Support Services	<b>6 week course</b> Tuesday 6 August to Tuesday 10 September	12.00pm to 2.00pm
<b>1-2-3 Magic &amp; Emotion Coaching</b> 3 week face to face course recommended for parents and carers of children 2 - 12 years.	<b>Toukley</b> Neighbourhood Centre	<b>3 week course</b> Wednesday 7 August to Wednesday 21 August	10.30am to 12.30pm
<b>Fear - Less Triple P Parenting Program</b> 6 week face to face course recommended for parents and carers of children 5 -12 years with anxiety. Limited child minding available. <b>This course is for women only.</b>	<b>Woy Woy</b> Peninsula Women's Health Centre	<b>6 week course</b> Wednesday 7 August to Wednesday 11 September	12.30pm to 2.30pm
<b>Fear - Less Triple P Parenting Program</b> 6 week face to face course recommended for parents and carers of children 5 -12 years with anxiety.	<b>Umina Beach</b> Mingaletta	<b>6 week course</b> Friday 9 August to Friday 13 September	10am to 12pm
<b>Circle of Security (ONLINE)</b> 6 week online course recommended for parents and carers of children under 5 years.	<b>ONLINE</b>	<b>6 week course</b> Wednesday 14 August to Wednesday 18 September	5.30pm to 7.30pm
<b>CHIME Project - Triple P Parenting Program</b> 6 week face to face course recommended for parents and carers of children 2 -12 years. Limited child minding available.  This course is for parents who experience a Mental Health issue that impacts their parenting.	<b>Wyong</b> SaCC	<b>6 week course</b> Thursday 15 August to Thursday 19 September	12.30pm to 2.30pm

**[CLICK HERE TO BOOK ONLINE](#)**

For more information please visit [www.ccfss.org.au](http://www.ccfss.org.au) or call 02 4340 1585

# Support Group Calendar

## Term 3 2024



Central Coast Family Support Services facilitates Support Groups Sessions for Grandparents Raising Grandchildren and Young Parents on the Central Coast.

### FREE SUPPORT GROUPS

GROUP	LOCATION	DATES	TIME
<p><b>GRG - Grandparents Raising Grandchildren</b></p> <p>Join us for one of our monthly support group sessions and meet other grandparents who have full time care of their grandchildren over a cuppa and a chat.</p> <p>These sessions are facilitated by an experienced caseworker offering information, advice and referrals.</p> <p>Bookings not required.</p>	<p><b>WYONG</b></p> <p><b>Wyong Milk Factory</b> 141 Alison Rd, Wyong</p>	<p><b>First Wednesday of the Month</b> during school terms</p> <p>7 August 4 September</p>	9.30am to 11.30am
	<p><b>KARIONG</b></p> <p><b>Phillip House</b> 21 Old Mount Penang Rd, Kariong</p>	<p><b>Last Wednesday of the Month</b> during school terms</p> <p>31 July 28 August 25 September</p>	9.30am to 11.30am

GROUP	LOCATION	DATES	TIME
<p><b>CHAT - Young Parent Support Group</b></p> <p>For young and expecting young parents up to 24 years to come together in a relaxed environment and meet new people.</p> <p>Each week there are opportunities to engage with parenting activities or access service providers to gain new insights, advice and experiences for your child's development.</p> <p>Bookings not required to attend. Limited pre-booked transport is available.</p>	<p><b>LONG JETTY</b></p> <p><b>The Clam Hall</b> 204 The Entrance Rd, Long Jetty</p>	<p><b>Every Friday</b> during school terms</p> <p>from Friday 26 July to Friday 27 September</p>	10.00am to 12.00pm

<p><b>iMatter Workshops</b></p> <p>iMatter, a series of workshops to empower young parents on the Central Coast.</p> <p>The project aims to build self confidence whilst enhancing access, participation and connections to peers and services in the community, strengthening knowledge and skills to improve current circumstances, and to further health and wellbeing.</p> <p><b>The iMatter workshops will be delivered via the CHAT - Young Parent Support Group Program.</b></p>	<p><b>WORKSHOP ONE   Little Lives</b></p> <p>This free first aid course empowers parents with the knowledge to manage the most common childhood illnesses, accidents and injuries.</p> <p><b>DATE:</b> Friday 2 August 2024  <b>TIME:</b> CHAT Young Parent Support Group 10am to 12pm  <b>LOCATION:</b> The Clam Hall, Long Jetty  <b>REGISTRATION:</b> Registration for this workshop is required and places are limited to 20 pax.  <b>Visit <a href="http://www.cfss.org.au">www.cfss.org.au</a> or call 4340 1585 for more details.</b></p>		
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