

# Course Calendar Term 4 2024



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
<p><b>P4P - Preparation for Birth &amp; Parenting</b> 4 week face to face course for first time expecting young parents under 25 years.</p>	<p><b>Gosford</b> RYSS Laneway Hub</p>	<p><b>4 week course</b> Tuesday 22 October to Tuesday 12 November</p>	<p>12.00pm to 2.00pm</p>
<p><b>Circle of Security</b> 6 week face to face course recommended for parents and carers of children under 5 years. Limited pre-booked childminding available. This course is for women only.</p>	<p><b>Wyoming</b> Women's Health Centre</p>	<p><b>6 week course</b> Monday 28 October to Monday 2 December</p>	<p>10am to 12pm</p>
<p><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 pre-booked childminding available. This course is for women only.</p>	<p><b>Woy Woy</b> Peninsula Women's Health Centre</p>	<p><b>6 week course</b> Wednesday 30 October to Wednesday 4 December</p>	<p>12.30pm to 2.30pm</p>
<p><b>Tuning In To Kids</b> 6 week face to face course for parents and carers of children 3-12 years. Limited pre-booked childminding available.</p>	<p><b>Wyong</b> SaCC</p>	<p><b>6 week program</b> Thursday 31 October to Thursday 5 December</p>	<p>12.30pm to 2.30pm</p>
<p><b>CHIME Project - Fear Less Triple P Parenting Workshop</b> This one day workshop is for parents or carers of children aged 5 to 12 years where the child has moderate to high levels of anxiety that negatively impact on everyday functioning.</p> <p>This course is for parents who experience a Mental Health issue that impacts their parenting.</p>	<p><b>Toukley</b> Neighbourhood Centre</p>	<p><b>1 day workshop</b> Thursday 14 November</p>	<p>9am to 2.30pm</p>
<p><b>CHIME Project - Parent &amp; Child Workshops</b> This 3 week after-school program is designed to discuss mental health through storytelling and facilitate discussion and connection through creative activities.</p>	<p><b>Wyong</b> SaCC</p>	<p><b>3 week program</b> Tuesday 26 November to Tuesday 10 December</p>	<p>3.30pm to 5pm</p>

[CLICK HERE TO BOOK ONLINE](https://www.ccfss.org.au)

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

# Support Group Calendar Term 4 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>6 November 4 December</p>	<p>9.30am to 11.30am</p>
	<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>30 October 27 November</p>	<p>9.30am to 11.30am</p>

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 18 October to Friday 13 December</p>	<p>10.00am to 12.00pm</p>
<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>The iMatter workshops will be delivered via the CHAT - Young Parent Support Group Program.</p> <p><b>Visit <a href="http://www.ccfss.org.au">www.ccfss.org.au</a> or call 4340 1585 for more details.</b></p>	<p><b>WORKSHOP THREE   Messy Makers</b> Friday 25 October</p> <p><b>WORKSHOP FOUR   MoneyMinded</b> Friday 1 November</p> <p><b>WORKSHOP FIVE   Make-up Skills</b> Friday 6 December</p> <p><b>REGISTRATION:</b> Registration for iMatter workshops is required, please visit our course calendar on <a href="http://www.ccfss.org.au">www.ccfss.org.au</a></p>		

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