

Course Calendar Term 1 2025



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>Circle of Security 6 week face to face course recommended for parents and carers of children under 5 years.</p> <p>Limited pre-booked childminding available.</p>	<p>GOROKAN Gorokan SaCC</p>	<p>6 week course Monday 17 February to Monday 24 March 2025</p>	<p>12.30pm to 2.30pm</p>
<p>Triple P Parenting Program 5 week face to face course for parents and carers of children 0-12 years.</p> <p>Limited pre-booked child minding available.</p>	<p>GREEN POINT Green Point / Terrigal Community Centre</p>	<p>5 week program Wednesday 26 February to Wednesday 26 March 2025</p>	<p>10am to 12pm</p>
<p>CHIME Project - Triple P Parenting Program 6 week online course recommended for parents and carers of children 2 -12 years.</p> <p>This course includes additional information on how parental mental health can impact parenting.</p>	<p>ONLINE via ZOOM</p>	<p>6 week program Tuesday 25 February to Tuesday 1 April 2025</p>	<p>10am to 12pm</p>
<p>1-2-3 Magic & Emotion Coaching 3 week face to face course recommended for parents and carers of children 2-12 years.</p> <p>Limited pre-booked childminding available. This is a women's only course.</p>	<p>WOY WOY Peninsula Women's Health Centre</p>	<p>3 week program Wednesday 5 March to Wednesday 19 March 2025</p>	<p>12.30pm to 2.30pm</p>
<p>1-2-3 Magic & Emotion Coaching 3 week online course recommended for parents and carers of children 2-12 years.</p>	<p>ONLINE via ZOOM</p>	<p>3 week program Tuesday 25 March to Tuesday 8 April 2025</p>	<p>6pm to 8pm</p>

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

For more information please visit www.ccfss.org.au or call 02 4340 1585

Support Group Calendar Term 1 2025



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>GRG - Grandparents Raising Grandchildren</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>WYONG</p> <p>Wyong Milk Factory 141 Alison Rd, Wyong</p>	<p>First Wednesday of the Month during school terms</p> <p>12 February * Date change 5 March 2 April</p>	9.30am to 11.30am
	<p>KARIONG</p> <p>Phillip House 21 Old Mount Penang Rd, Kariong</p>	<p>Last Wednesday of the Month during school terms</p> <p>26 February 26 March</p>	9.30am to 11.30am

GROUP	LOCATION	DATES	TIME
<p>CHAT - Young Parent Support Group</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>LONG JETTY</p> <p>The Clam Hall 204 The Entrance Rd, Long Jetty</p>	<p>Every Friday during school terms</p> <p>from Friday 7 February to Friday 11 April 2025</p>	10.00am to 12.00pm