

# Course Calendar

## Term 2 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
<b>Stepping Stones Triple P Parenting Program</b> 6 week face to face course for parents and carers of children 0-12 years with additional needs.  Limited pre-booked child minding available.	<b>GOROKAN</b> Gorokan SaCC	<b>6 week program</b> Monday 19 May to Monday 30 June 2025  (no program on Monday 9/6/25 due to PH)	12.30pm to 2.30pm
<b>Tuning In To Kids</b> 6 week face to face course recommended for parents and carers of children 3-12 years.  Limited pre-booked childminding available. This is a women's only course.	<b>WYOMING</b> Women's Health Centre	<b>6 week program</b> Monday 12 May to Monday 23 June 2025  (no program on Monday 9/6/25 due to PH)	10am to 12pm
<b>CHIME Project - Bringing Up Great Kids</b> 6 week course recommended for parents and carers of children 0 -12 years.  Limited pre-booked childminding available. This course includes additional information on how parental mental health can impact parenting.	<b>WYONG</b> Wyong SaCC	<b>6 week program</b> Thursday 15 May to Thursday 19 June 2025	12.30pm to 2.30pm
<b>Circle of Security</b> 6 week face to face course recommended for parents and carers of children under 5 years.	<b>Umina Beach</b> Mingaletta	<b>6 week course</b> Tuesday 20 May to Tuesday 24 June 2025	11.30am to 1.30pm

**[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 2 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
<b>GRG - Grandparents Raising Grandchildren</b>  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.  These sessions are facilitated by an experienced caseworker offering information, advice and referrals.  Bookings not required.	<b>WYONG</b>  <b>Wyong Milk Factory</b> 141 Alison Rd, Wyong	<b>First Wednesday of the Month</b> during school terms  7 May 4 June 2 July	10am to 12pm
	<b>KARIONG</b>  <b>Phillip House</b> 21 Old Mount Penang Rd, Kariong	<b>Last Wednesday of the Month</b> during school terms  30 April 28 May 25 June	10am to 12pm

GROUP	LOCATION	DATES	TIME
<b>CHAT - Young Parent Support Group</b> For young and expecting young parents up to 24 years to come together in a relaxed environment and meet new people.  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.  Bookings not required to attend. Limited pre-booked transport is available.	<b>LONG JETTY</b>  <b>The Clam Hall</b> 204 The Entrance Rd, Long Jetty	<b>Every Friday</b> during school terms  from Friday 2 May to Friday 4 July 2025	10.00am to 12.00pm
<b>iMatter Workshops</b>  iMatter, a series of workshops to empower young parents on the Central Coast.  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.  The iMatter workshops will be delivered via the CHAT - Young Parent Support Group Program.  <b>Visit <a href="http://www.ccfss.org.au">www.ccfss.org.au</a> or call 4340 1585 for more details.</b>	<b>WORKSHOP EIGHT   Friday 23 May</b> Play and Talk by Beam Health  <b>WORKSHOP NINE   Friday 6 June</b> Healthy Family Slow Cooking  <b>WORKSHOP TEN   Friday 27 June</b> Creating your 'Vision Board'  <b>REGISTRATION:</b> Registration for iMatter workshops is required, please click on links above or email <a href="mailto:intake@ccfss.org.au">intake@ccfss.org.au</a>		

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