**Triple P parent group** (Positive Parenting Program)

Tuesdays 10am to 12:30pm

October 15, 22, 29
November 5, 19

Floribunda Community Centre
1 Floribunda Way, Glenmore Park

*You must attend the first session!*

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**Coaching Kid’s emotions** (Tuning In To Kids)

Wednesdays 10am to 12:30pm

November 6, 13, 20, 27

South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads
South Penrith

*You must attend the first session!*

Co-facilitated by Bronwen Smith, Bridging The Gap

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**Advanced Triple P modules**

*For those parents who have completed the Triple P parent group*

* Coping with Your Anger

Thursdays 14th & 21st November 10am to 12pm
Floribunda Community Centre

* Parent Traps

Tuesdays 26th November, 3rd December 10am to 12pm
Floribunda Community Centre

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**Circle of Security**

Monday afternoons 12:15pm to 2:15pm

October 14, 21, 28
November 7, 11, 18, 25
December 2

South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads
South Penrith

*You must attend the first session!*

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**Resilience Doughnut**

Tuesday 16th October 10am to 12:30pm

Floribunda Community Centre
1 Floribunda Way, Glenmore Park

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**Eat It To Beat It**

Wednesday 23rd October 10am to 12:30pm

South Penrith Neighbourhood Centre
Corner of Trent & Birmingham Roads
South Penrith

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**Special Playtime**

Tuesday 12th November 10am to 12:30pm

Floribunda Community Centre
1 Floribunda Way, Glenmore Park

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**Parenting Groups - Term 4 2013**

All courses are FREE.

Limited child minding available for all courses. Bookings are essential to ensure we have the correct carer-to-child ratio. Child minding services provided by Care Pair and/or Nepean Community & Neighbourhood Services.

Description of groups are at http://handsheartsminds.wordpress.com/description-of-parenting-groups/.

Tea and coffee provided. Please bring your own snacks and lunch.

For child minding - Please bring snacks, lunch, and drink bottle for your child (no peanut products please). Please dress your child in play clothes and sturdy shoes. Please bring a hat and nappies. And label everything. Parents are responsible for toileting or changing their child/ren.

All groups facilitated by Narelle Smith, Nepean Community & Neighbourhood Services.