

# City of Canada Bay Parenting Calendar

## Term 3, 2009

10 Cometrowe Street, Drummoyne (off Lyons Rd)

Phone: 9719 8102 Email: dccinc@ozemail.com.au



### TIPS: Tips & Ideas for Parenting Skills

TIPS is a NZ designed program that explores common parenting topics for parents with children aged 2-10 years in a relaxed and conversational group format. The first topic is communicating and understanding feelings and then the group chooses topics from below:

- Let's work together
- Instead of hitting what can I do?
- Dealing with tantrums
- Responsible children
- Keeping kids honest
- How to make children feel good about themselves
- Good labels bad labels.

**Venue & Bookings:** Drummoyne Community Centre  
Must register 9719-8102 or email dccinc@ozemail.com.au

**Dates:** 18 Aug (not 25/8), then 1 Sept, 8 Sept, 15 Sept

**Time:** 7pm to 9pm

**Fee:** Recommended donation \$10 per session, however accept whatever you can contribute.

**Facilitator:** Katie Helby (Infants Home).

### Parent Self Help Program

This is a group for parents who wish to learn strategies to help kids who worry too much. It is also an opportunity to meet and receive support from other parents experiencing similar challenges.

**Venue:** Drummoyne Community Centre

**Bookings:** Mental Health Assn NSW 9339-6088 or email smallsteps@mentalhealth.asn.au

**Date:** Tuesdays, 8, 15, 22, 29 September 2009

**Time:** TBA on registration

**Fee:** No fee.

**'Toddlers: Terrible or Terrific?'** will run in Term 4.  
**First Time Dads**—new program being developed for 2010. If interested in being involved in some way, please contact Ros at DCC on 9719-8102

### Transition to Kindergarten

What can we do to prepare children and families to start school? This session will explore questions in relation to age, readiness and choosing and becoming involved in your child's school. Some local schools will be represented and information on local schools will be available on the night.

**Venue:** Concord Community Centre

**Bookings:** Drummoyne Community Centre 9719-8102

**Date:** Monday, 24 August 2009

**Time:** 7pm to 9pm

**Fee:** Recommended donation \$10, however accept whatever you can contribute.

**Facilitator:** Katie Helby (Infants Home)

### Managing Conflict

This focuses on developing skills, knowledge and understanding in the following areas:

- Process of communicating thoughts and feelings
- Ways to accept and manage differences between individuals in a relationship
- Ways to establish rules for managing conflict effectively with a focus on speaking assertively and keeping to the relevant issues
- Ways to manage ongoing life transitions by identifying specific changes and their effects on relationships and developing effective strategies to deal with them.

**Venue & Bookings:** Drummoyne Community Centre

**Date:** Tuesday, 22 & 29 September 2009

**Time:** 7pm to 9.30pm

**Fee:** Recommended donation \$10 per session, however accept whatever you can contribute.

**Facilitator:** Relationships Australia