

Raising children and young people 2025

FREE programs



City of
Whittlesea

Programs and short courses for parents and carers of children of all ages



City of Whittlesea recognises the rich Aboriginal heritage of this country and acknowledge the Wurundjeri Willam Clan and the Taungurung People as the Traditional Owners of lands within the City of Whittlesea.

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Children & Families
City of Whittlesea, Civic Centre
25 Ferres Boulevard,
South Morang

For more information visit the individual Trybooking link for the program, email familytraining@whittlesea.vic.gov.au or call us on 9217 2170.

All events are FREE.
Bookings are required unless otherwise stated.

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Aboriginal Dates of Significance 2025

City of Whittlesea celebrates and acknowledges many Aboriginal dates of significance. For more information visit [whittlesea.vic.gov.au](https://www.whittlesea.vic.gov.au)

13 February 2025	Anniversary of National Apology to the Stolen Generation
26 May 2025	National Sorry Day
27 May – 3 June 2025	National Reconciliation Week
6 July – 13 July 2025	NAIDOC Week
4 August 2025	National Aboriginal and Torres Strait Islander Children's Day
9 August 2025	International Day of World's Indigenous People

Early parenting programs

The following early years playgroups and parenting programs are available during school terms in 2025 at:

Jindi Family and Community Centre
48 Breadalbane Avenue, Mernda 3754
✉ JindiEarlyYears@bsl.org.au

Play & Grow

Tuesdays & Thursdays, 10am – 11.30am
Facilitated playgroup sessions for parents and their children aged 0-5 to learn and grow together through play-based activities.
Facilitated by Jacqui Curcio.

Brotherhood of St Laurence & Goodstart Early Learning Free to Be Me

Wednesdays, 10.30am – 11.30am
An inclusive support group, free from judgment for parents, carers and their children that require additional support. Free to be Me provides opportunities for families to be connected to local supports and services, gain skills and knowledge through play and socialise with families on a similar journey.
Facilitated by Zoe Brown and Liz Genez.

Priority will be given to families living in the Mernda area for all playgroups and programs provided by Jindi



Brotherhood of St Laurence & Goodstart Early Learning Little Learners

Tuesdays, 1pm – 2pm
A supported playgroup for kindergarten children aged 3-5 and their parents that supports skills in social & emotional learning, school readiness, in play-based environment.
Facilitated by Zoe Brown.

Brotherhood of St Laurence Baby & Toddler Time

Mondays, 9.30am – 10.15am
A fun supportive group for parents and their babies aged 0-18 months to come together to share in play activities and connect with other local parents and carers.
Facilitated by Liz Genez.

Brotherhood of St Laurence Jindi Juniors

Mondays, 10.45am – 11.15am
A music and movement group for parents and their children aged 0-5 to learn and grow together through songs, rhymes, movement and musical instruments!
Facilitated by Liz Genez.



Kids First Promoting First Relationships

Kids First Infant & Family Team
☎ 9450 0900
✉ intake@kidsfirstaustralia.org.au

Promoting First Relationships is a 10-week attachment-based program that supports strong connections between parents/caregivers and their young children 0-7 years.

By participating in the 10-week program you will:

- Build a positive attachment relationship with your child
- Understand your child's behaviour in the context of their social and emotional needs
- Discuss strategies for coping with difficult times as a parent
- Understand the ways you can help your child through emotionally difficult experiences.

This program is designed to provide insight into real-life situations between you and your child. By recording your interactions and receiving information in handouts, you will be provided with an opportunity to reflect on your own parenting experience and receive positive feedback to build your enjoyment, confidence and connection with your child. You will review the recording with a practitioner and it will be deleted after each session.



Association for Children with a Disability

☎ 03 9880 7000
☎ 1800 654 013
🔗 acd.org.au/workshops-and-peer-support/

We are a not-for-profit organisation led by and for families of children with disability and advocate for children with all types of disabilities. We help families gain the knowledge, skills, and confidence to advocate for their children. We support families with children from birth to 18 years of age and the professionals working with them.

Our free services include:

- Telephone advocacy support
- Information resources
- Workshops and peer support

We hear from thousands of families every year and amplify their voices and experiences through systemic advocacy to improve their lives. Call ACD's free support line (regional callers). Lines are open Mon to Fri 9am to 5pm. Interpreters are available.

For free information and resources, visit Information- Association for Children with Disability 🔗 acd.org.au

To sign up to our monthly NoticeBoard newsletter, register here 🔗 bit.ly/signupNB



Woi-wurrung-yagila-wulumperi Whittlesea Early Parenting Centre (WEPC)

34 Anchorage Drive, South Morang

📞 9407 6800

✉️ WEPCReception@mercy.com.au

🌐 health-services.mercyhealth.com.au

WEPC is a free early parenting support for all Victorian Families with children from birth to their 4th birthday. WEPC strives to support happy, healthy, safe and thriving babies and toddlers by promoting the parent-child relationship, and equipping parents with strategies to achieve their parenting goals.

We support parents with strategies to achieve their parenting goals in areas such as:

- Sleep and Settling
- Feeding
- Parent/Child relationship
- Getting to know your baby/toddlers' cues
- Toddler Behaviour
- Parent and Child Health and Wellbeing

The programs we run are:

- Day Stay – 6-hour program that runs 4 days per week Tuesday to Friday
- Residential – 2-to-4-night program running between Monday and Friday
- Telehealth – support in your home to continue working on your parenting goals after discharge from a program

WEPC uses responsive parenting, settling and feeding strategies. WEPC recognises that the health and wellbeing of parents/carers and the whole family is vital to children's development.

Referrals to our Programs can be from a health professional or completed by the family themselves.

🌐 portal.mercy.com.au/surveys/surveys/?s=LR9F9W8FRCPRX3C7



Big Group Hug

Big Group Hug is a children's charity in Thomastown and provides critical material aid for children, from newborns to 16 years of age, who are experiencing the effects of poverty and disadvantage, alleviating financial burden for families and freeing limited funds for their food, bills and safe housing.

Our assistance comes in the form of age-appropriate Hug Packs, inclusive of new and pre-loved clothing, books and toys, toiletry packages, and cleaned and safety checked equipment for newborns such as car seats, cots, highchairs and prams, as well as formula, nappies and baby wipes. In FY24 BGH supported 6,700 Melbourne children (+11% versus FY23), delivering 120,000+ material aid items, while diverting 110 tonnes of useable textiles and children's items from landfill.

We assist families in a variety of situations including those on low incomes, seeking asylum or refuge, family conflict, high-needs children, foster children, kinship care and homelessness. Over 10 years, our service has grown to become a significant and vital part of the community response to these social issues and is heavily relied upon by 1,100 caseworkers across 147 agencies large and small, including charities such as Anglicare, Berry Street, women's shelters and Maternal and Child Health Networks. The service is completely free of charge.

To donate items or request assistance please see 🌐 biggrouphug.org



Circle of Security Parenting™ (8-week program)



Tuesday 11 February – 1 April, 6pm – 8pm
Online

Donna El-Cheikh

📞 0409 006 126

✉️ delcheikh@kidsfirstaustralia.org.au

Circle of Security Parenting is a free parenting program, designed to help parents with children 0- 5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by Kids First and ParentZone.



Westfield Plenty Valley 'Village' Play and Gather



Wednesday 12 February, 10am – 12pm

Kids Zone (Near Kmart) Westfield Plenty Valley, 415 McDonalds Road, Mill Park

Join us for a morning of crafting and playful adventures. Unleash your creativity with your little ones with child-based activities, while gathering support and information from our local Early Years support services and programs.

No booking required.

Facilitated by City of Whittlesea Children and Families Department



How to Raise Confident and Connected Kids



Wednesday 12 February, 7pm – 8pm
Online

events.humanitix.com/how-to-raise-confident-and-connected-kids

For parents of kids from toddlers to teens, this event will introduce key strategies for raising kids to be confident, compassionate, resilient, respectful, and more, all while strengthening your connection with them as a parent.

Join online to discover practical tools for understanding your communication habits when it comes to your kids, addressing your child's behaviours (the good, the bad and the ugly) while building and maintaining a good relationship, and empowering your child to understand and realise their potential.

Facilitated by The Virtues Crew.



Circle of Security Parenting™ (8-week program)



Thursday 13 February – 3 April,
10am – 12pm

Maternal and Child Health Centre,
Boori Childrens Services, Butterfly
Room 21A Winchester Avenue,
Epping

[8401 6205](tel:84016205)

Enhanced Maternal and Child Health

Circle of Security Parenting is a free parenting program, designed to help parents with children 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

*Facilitated by City of Whittlesea
Enhanced Maternal and Child
Health and Anglicare.*



Toilet Training



Monday 17 February,
9.30am – 10.15am

Jindi Family and Community
Centre, 48 Breadalbane Avenue,
Mernda

trybooking.com/CWYXM

This informal session will support parents and carers to understand signs of readiness for transitioning out of nappies, normal toileting behaviours and where to seek help if more support is needed.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

*Facilitated by City of Whittlesea
Children and Families Department.*



Tuning in to Kids (6-week program)



Thursday 20 February – 27 March,
10am – 12pm

Online

Donna El-Cheikh

[0409 006 126](tel:0409006126)

delcheikh@kidsfirstaustralia.org.au

This course provides parents with skills and strategies to help with everyday challenges based on emotionally-attuned parenting. You will learn how to:

- Understand your child's emotions
- Be aware of and manage your emotions
- Build attachment and teaching through emotional experiences
- Help your child understand and manage their emotions
- Develop skills to assist your child in problem solving.

*Facilitated by KidsFirst and
Drummond Street.*





Supporting your child's development and referral pathways



Thursday 20 February, 10am – 12pm
Thomastown Neighbourhood House, 52 Main Street, Thomastown

trybooking.com/CXDNH

This informal session will explore typical development in children 0-5 years of age. Parents can hear from an DPV Health expert about developmental milestones and what to do if you feel your child is not reaching these milestones.

This session will take place as part of Promisetown Playgroup facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on [0488 224 349](tel:0488224349).

Facilitated by DPV Health.



Read, Play and Connect



Wednesday 26 February,
10am – 11.30am

Thomastown Library,
52 Main Street, Thomastown

trybooking.com/CWYXS

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Healing and recovery group for women who are victim survivors of family violence



Monday 24 February – 7 April,
11am – 2pm

Galada Community Centre
10A Forum Way, Epping
(Lunch provided)

[9217 2170](tel:92172170)

culturaldiversity@whittlesea.vic.gov.au

Join our Cultural Diversity Team in a safe and confidential healthy relationship discussion. Learn how to be empowered, build trust, respect, and have other healthy, beneficial conversations that will enhance your emotional wellbeing leading to healthy relationships.

The programs will be targeted and delivered to South Asian Speaking women who are identified as Victims of Family Violence. Languages include Punjabi, Hindi and Urdu.

Facilitated by City of Whittlesea Cultural Diversity Team and In Touch Multicultural Centre Against Family Violence.



Student Support Group Meetings



A 90-minute online workshop from Association for Children with Disability (ACD).

If you have a school-aged child with developmental delay or disability, then register for ACD's free online workshop about Student Support Group Meetings (SSGs). You will get practical information about SSGs including what they are, how you can prepare for them and how to make the most of them to support your child at school.

ACD's professional workshop facilitators are all parents of children with disability. They have practical experience of SSGs and they have a range of practical tips and information to help you support your child on their school journey.

As well as Student Support Group Meetings, we will also cover:

- Children's rights in education
- Advocating for your child at school
- Reasonable adjustments – what they are and what you can ask for

Register for ACD's monthly online newsletter to keep up to date with workshops and current information

bit.ly/signupNB



Communication development for children 0-3 years of age



Tuesday 4 March, 10am – 11.30am
 Jindi Family and Community Centre,
 48 Breadalbane Avenue, Mernda
trybooking.com/CWYXY

This informal session will explore typical communication development in children 0-3 years of age. It will include when to seek help and strategies to help with communication development.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health.



Pop-Up Playgroup



Wednesday 5 March, 10am – 12pm
 Kids Zone, Westfield Plenty Valley,
 415 McDonalds Road, Mill Park
trybooking.com/CWYYA

The City of Whittlesea invites you to come along and join our fully facilitated pop up playgroup and information sharing event. Parents and carers will have the opportunity to hear about local playgroups (supported and community) and Councils Children and Families services and programs. Find out how to start a playgroup or volunteer your time. Participate in a free playgroup session where your child can join in with a range of fun children’s activities. Bookings encouraged but not essential.

Facilitated by City of Whittlesea Children and Families Department.



Parental Self-Care



Wednesday 5 March, 10am – 11.30am
 Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda
trybooking.com/CWYYD

This informal seminar focuses on building parents’ understanding on the importance of self-care and how to prioritise it. Parents will be provided with self-care tips, tools and strategies to incorporate in their daily lives and prevent chronic illnesses associated with stress.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by Drummond Street Services.



Mother Goose



Wednesday 12 March – 2 April,
 10am – 12pm
 Olivine Community Pavilion,
 2A Eucalyptus Parade
 (Entrance via Cycad Avenue),
 Donnybrook

Kelly Russell
[0448 686 921](tel:0448686921)
womenshouse@anglicarevic.org.au

Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents or carers and their young children by introducing them to the pleasure and power of using rhymes, songs and stories together.

Through the program, parents gain skills and confidence that help them create positive family patterns during their children’s crucial early years. At the same time, children benefit from enjoyable, healthy early experiences with language and communication.

Suitable for parents and carers of Children aged 0-4 years of age.

Facilitated by City of Whittlesea Children and Families and Anglicare Department.

Community Festival

Sunday 16 March, 11am – 5pm

City of Whittlesea, 25 Ferres Boulevard, South Morang

whittlesea.vic.gov.au/communityfestival

The City of Whittlesea’s annual Community Festival returns on Sunday 16 March 2025 from 11am to 5pm. Set in the sprawling grounds of the Civic Centre precinct at 25 Ferres Boulevard, South Morang, the festival attracts approximately 10,000 people to exhibits, live performance stages, activities and free live theatre shows at the adjacent Plenty Ranges Arts and Conference Centre.

Come along to learn more about Council services and activities, community organisations there to help local families and tonnes of activities for kids and families of all ages.

Facilitated by the City of Whittlesea.



Nourishing Little People and Oral Health Care

Tuesday 18 March, 1pm – 2pm
Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda

trybooking.com/CXDDJ

During this informal session hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals for their growth and wellbeing. Plus learn about oral care for keeping children’s teeth healthy and strong. Practical, nutritious tips provided in this interactive presentation.

Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health.



Pop-Up Bush Playgroup

Tuesday 18 March, 10am – 12pm
Whittlesea Park, Whittlesea (End of Laurel Street)

trybooking.com/CXCPH

The pop-up bush playgroup takes the experience of playgroup outside into nature. Children will have the opportunity to explore, create, imagine and discover nature and take part in a number of activities. Parents/carers need to be with their children at all times.

Bookings encouraged but not essential.

Facilitated by City of Whittlesea Children and Families and Sustainable Environment Departments.





Aurora Stay and Play Pop-Up

Wednesday 19 March, 10am – 12pm
Aurora Village, in front of Coles,
315A Harvest Home Road, Epping

Join us for a morning of crafting and playful adventures.

Unleash your creativity with your little ones with child-based activities, while gathering support and information from our local Early Years support services and programs.

No booking required.

Facilitated by City of Whittlesea Children and Families Department.



Cultural Diversity Week event

Wednesday 19 March, 10am – 1pm
Plenty Ranges Arts and Convention Centre, 35 Ferres Boulevard,
South Morang

📞 9217 2170
✉ culturaldiversity@whittlesea.vic.gov.au

This annual event is delivered by the City of Whittlesea to celebrate Cultural Diversity Week. People from different cultural backgrounds have the opportunity to come together and share their unique food, language, music, dance, art and traditional costumes with other people from different cultural backgrounds.

Facilitated by the City of Whittlesea Cultural Diversity team



Read, Play and Connect

Thursday 20 March, 10am – 11.30am
Mill Park Library, 394 Plenty Road,
Mill Park

📍 trybooking.com/CWYYF

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Parenting toddlers Information Session

Thursday 27 March, 10am – 12pm
Thomastown Neighbourhood House, 52 Main Street,
Thomastown

📍 trybooking.com/CWYYI

This informal session aims to assist parents and carers to better understand their toddler's behaviour. Parents and carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

This session will take place as part of Promisetown Playgroup facilitated by Thomastown Neighbourhood House and located at the Thomastown Library. For further information on the Playgroup, please don't hesitate to get in touch with TNH on 📞 0488 224 349.

Facilitated by ParentZone.





Parenting Toddlers Information Session

Monday 31 March, 10am – 11.30am
Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

trybooking.com/CWYYL

This informal session aims to assist parents and carers to better understand their toddler’s behaviour. Parents and carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone.



Positive Start to Early Learning

A brand-new workshop from Association for Children with a Disability (ACD)

If your child is about to start or are already at childcare and kindergarten, then don’t miss out! This workshop is currently being created with more details to come.

You will learn about practical support for your child, how funding works and how to work in partnership with your child’s educators.

To find out more register for ACD’s monthly newsletter

bit.ly/signupNB



World Autism Day

Wednesday 2 April, 10.30am – 11.30am
Whittlesea Library,
57-61 Laurel Street, Whittlesea

trybooking.com/CWYYP

Join us at Whittlesea library for World Autism Day with an information session and Relaxed Storytime. Hear about services and resources to help you support your child and your family.

Our Relaxed Storytime is designed for families with children or other family members with Autism Spectrum Disorder, learning disabilities, or sensory and communication disorders. It gives those who find our other story times overwhelming the opportunity to experience early literacy story time in a manner that better meets their needs. Relaxed Storytime uses a visual schedule and sensory items and has limited numbers to make it a more comfortable experience for adults or children who may find it difficult to sit still and stay quiet.

Bookings are essential.

Facilitated by Yarra Plenty Regional Library.



Nature Discovery Walk

Sunday 6 April, 10am – 2pm
Harvest Home Recreation Reserve,
130W Harvest Home Road, Epping

trybooking.com/CXDNN

Enjoy a walk amongst the majestic trees of Epping North Conservation Reserve and learn about nature. Along the trail children can do nature activities and get a stamp for their nature passport, learning about the trees and the animals that live here.

Bookings encouraged but not essential.

Facilitated by City of Whittlesea Children and Families and Sustainable Environment Departments.





Lalor Shops Stay and Play Pop-Up

Tuesday 8 April, 10am – 12pm
In front of Lalor Coles,
47-71 May Road, Lalor

Join us for a morning of crafting and playful adventures.

Unleash your creativity with your little ones with child-based activities, while gathering support and information from our local Early Years support services and programs. Includes face painting, bubbles and craft activities.

No booking required.

Facilitated by City of Whittlesea Children and Families Department.



Read, Play and Connect

Wednesday 30 April, 10.30am – 12pm
Mernda Library, 180 Riverdale
Boulevard, Mernda
trybooking.com/CWYYO

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Pacific Epping Stay and Play Pop-Up

Wednesday 30 April, 9am – 3pm
Pacific Epping, 571-583 High Street,
Epping

Join us for a morning of crafting and playful adventures.

Unleash your creativity with your little ones while gathering support and information from our local Early Years support services and programs.

No booking required.

Facilitated by City of Whittlesea Children and Families Department and service providers.



Advocating at School

Do you need more support for your child at school, but feel unsure how to start the conversation or what you can reasonably ask for?

This two-hour online workshop from the Association for Children with Disability (ACD) will give you practical information and build your skills and confidence to advocate for your child and build a positive relationship with the school.

ACD's professional workshop facilitators are all parents of children with disability. They understand the challenges you may be facing and have insight and knowledge to support you.

Topics include:

- Understanding school processes
- Reasonable adjustments
- Looking at student support plans
- Children's rights in education
- How to advocate for your child

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Circle of Security Parenting™ - Parenting Dads (8-week program)



Thursday 1 May – 12 June, 6pm – 8pm
Online

Roba Elkadi

8641 8913

roba.elkadi@anglicarevic.org.au

Circle of Security Parenting™ is a free parenting program designed to help parents with children 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by Anglicare and ParentZone.



Tuning in to teens (6-week program)



Tuesday 6 May – 10 June, 6pm – 8pm
Online

Donna El-Cheikh

0409 006 126

delcheikh@kidsfirstaustralia.org.au

This course provides parents with skills and strategies to help with everyday challenges based on emotionally attuned parenting. You will learn how to:

- Understand your teen's emotions
- Be aware of and manage your emotions
- Build attachment and teaching through emotional experiences
- Help your teen understand and manage their emotions
- Develop skills to assist your teen in problem solving

Facilitated by Kids First and ParentZone.



Bringing Up Kids



Wednesday 7 May, 10am – 1pm
Lalor Library, 2A May Road, Lalor

trybooking.com/CWYYU

The Bringing Up Kids event will bring together local community agencies to provide a day of fun and information on their services, programs and events offered in the City of Whittlesea for your family and children. A wide range of activities for children will be provided on the day!

For general information email familytraining@whittlesea.vic.gov.au

Facilitated by City of Whittlesea Children and Families Department and service providers.





Circle of Security Parenting™ - Arabic (8-week program)



Wednesday 7 May – 25 June, 10am – 12pm

Barry Road Community and Activity Centre, 36 Barry Road, Lalor

trybooking.com/CXCBS

Circle of Security Parenting™ is a free parenting program, designed to help parents with children 0- 5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by Drummond Street Services and City of Whittlesea Active Places and Communities Department.



Living with Autism (6-week program)



Thursday 8 May – 12 June, 10am – 12pm

Epping Views Family and Community Centre, 15 Lyndarum Drive, Epping

trybooking.com/CWYYV

Are you the parent or carer of an autistic child?

This free 6-week program is an opportunity to ask questions about autism and will assist you to consider different approaches and strategies to help with parenting. The program is designed with you to ensure you get the support you need from the group.

Facilitated by ParentZone and City of Whittlesea Children and Families Department.



Pop-Up Playgroup Grandparents



Wednesday 14 May, 10am – 12pm

Ganbu Gulinj Community Centre, 55 Macedon Parade, Wollert

trybooking.com/CWYZB

The City of Whittlesea invites you to come along and join our fully facilitated pop up playgroup and information sharing event. Grandparents and carers will have the opportunity to hear about local playgroups (supported and community) and Councils Children and Families services and programs. Find out how to start a playgroup or volunteer your time. Participate in a free playgroup session where your child can participate in a range of fun children's activities. Bookings encouraged but not essential.

Facilitated by City of Whittlesea Children and Families Department.



Supporting your child's development and referral pathways



Thursday 15 May, 10am – 11.30am

Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda

trybooking.com/CWYZH

This informal session will explore typical development in children 0-5 years of age. Parents can hear from an DPV Health expert about developmental milestones and what to do if you feel your child is not reaching these milestones.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health providers.





Sleep and Settling



Monday 19 May, 9.30am – 10.15am
Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda

trybooking.com/CWYZO

The City of Whittlesea Maternal and Child Health Sleep Team is presenting a baby and toddler group information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by City of Whittlesea Children and Families Department.



Parental Self-Care



Thursday 22 May, 10am – 12pm
Thomastown Neighbourhood House, 52 Main Street, Thomastown

trybooking.com/CWYZU

This informal seminar focuses on building parents' understanding on the importance of self-care and how to prioritise it. Parents will be provided with self-care tips, tools and strategies to incorporate in their daily lives and prevent chronic illnesses associated with stress.

This session will take place as part of 'Promisestown Playgroup' - facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on ☎ 0488 224 349.

Facilitated by Drummond St Services



Read, Play and Connect



Friday 30 May, 10am – 11.30am
Kirrip Community Centre Library, 135 De Rossi Boulevard, Wollert

trybooking.com/CWYZR

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Teens and Beyond



A three-part online workshop series from the Association for Children with Disability (ACD) for families raising teenagers aged 13+ with disability.

Each session is 2.5 hours, including time for questions. Your child's teenage years include secondary school, puberty and growing independence. As a parent, you play an important part in helping them to identify their strengths and aspirations, as well as supporting them to make decisions. This series will provide you with information to build your understanding and skills to navigate the teenage years with confidence. All workshops are led by ACD's professional facilitators who are parents of young people with disability and who have personal experience in navigating the teenage years.

Topics include:

- Financial support
- Building your teen's independence
- School and post-school options
- Wellbeing: friendships, communication, behaviour support and good mental health

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Communication development for children 0-3 years of age

Thursday 12 June, 10am – 12pm
Thomastown Neighbourhood House,
52 Main Street, Thomastown

trybooking.com/CWYZZ

This informal session will explore typical communication development in children 0-3 years of age. It will include when to seek help and strategies to help with communication development.

This session will take place as part of 'Promisetown Playgroup' - facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on [0488 224 349](tel:0488224349).

Facilitated by DPV Health.



Parental Self-Care

Tuesday 17 June, 10am – 11.30am
Jindi Family and Community
Centre, 48 Breadalbane Avenue,
Mernda

trybooking.com/CWZAB

This informal seminar focuses on building parents' understanding on the importance of self-care and how to prioritise it. Parents will be provided with self-care tips, tools and strategies to incorporate in their daily lives and prevent chronic illnesses associated with stress.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by Drummond Street Services.



Refugee Week

Wednesday 19 June, 10am – 1pm
Plenty Ranges Arts and
Convention Centre, 35 Ferres
Boulevard, South Morang

[9217 2170](tel:92172170)

culturaldiversity@whittlesea.vic.gov.au

This Refugee Week event gives people from a refugee background an opportunity to come together and celebrate their language, music, dance, art, traditional clothing, and food.

The aim of the event is to highlight aspects of the refugee experience and help the broader community to understand their journey to freedom and acknowledge their contribution to our community. The event unites individuals, communities, and organisations from many different backgrounds behind a common cause.

Facilitated by City of Whittlesea Cultural Diversity team.



Pacific Epping Stay and Play Pop Up

Friday 20 June, 9am – 3pm
Pacific Epping, 571-583 High Street,
Epping

Join us for a day of crafting and playful adventures.

Unleash your creativity with your little ones with child-based activities, while gathering support and information from our local Early Years support services and programs.

No booking required.

Facilitated by City of Whittlesea Children and Families Department and service providers.



Successful Secondary Years



A two-hour online workshop from the Association for Children with Disability (ACD) for families of students with disability in Year 7 and above.

Secondary school brings new and unexpected challenges for students and research shows that they do best when families and schools work together.

In this workshop, families will learn how to navigate secondary school with confidence and how best to help their children get the support they need at school.

Topics include:

- Reasonable adjustments at secondary school
- Social connections and wellbeing
- How to communicate with the school
- Supporting your child to self advocate

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Read, Play and Connect



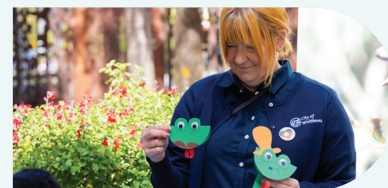
Wednesday 23 July, 10.30am – 12pm

Lalor Library, 2A May Road, Lalor

trybooking.com/CWZAE

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Community Playgroup Leader Training



Thursday 24 July, 10am – 1pm

Epping Views Family and Community Centre,
15 Lyndarum Drive, Epping

trybooking.com/CXDDY

Are you currently a community playgroup volunteer, have a passion to become one, or would like to find out more about what is involved? Then come along to our community playgroup leadership training where you will meet other volunteers, learn all the tips and tricks for starting up a community playgroup, and build your confidence in becoming a community playgroup leader from City of Whittlesea's playgroups team.

Facilitated by City of Whittlesea Children and Families Department.



Tuning in to Kids Dads (6 week program)



Thursday 24 July – 28 August,
6pm – 8pm

Online

Donna El-Cheikh

[0409 006 126](tel:0409006126)

delcheikh@kidsfirstaustralia.org.au

This course provides dads with skills and strategies to help with everyday parenting challenges based on emotionally attuned parenting. You will learn how to:

- Be aware and manage your emotions
- Understand your child's emotions
- Build attachment and teaching through emotional experiences
- Help your child understand and manage their emotions
- Develop skills to assist your child in problem solving.

Facilitated by Kids First and ParentZone.



Sleep and Settling

Tuesday 29 July, 10am – 11.30am
 Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda

trybooking.com/CWZAG

ParentZone presents an informal information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself.

Reach out to the ParentZone staff to ask questions and get advice on the best ways to support your child's sleep. Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone.



Circle of Security Parenting™ (8-week program)

Tuesday 29 July – 16 September, 10am – 12pm

Epping Views Family and Community Centre, 15 Lyndarum Drive, Epping

Donna El-Cheikh

[0409 006 126](tel:0409006126)

delcheikh@kidsfirstaustralia.org.au

Circle of Security Parenting™ is a free parenting program designed to help parents with children 0-5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by Kids First and ParentZone.



National Aboriginal and Torres Strait Islander Children's Day

Monday 4 August, 10am – 1pm
 Brookwood Community Centre, 25 Hazel Glen Drive, Doreen

trybooking.com/CWZAI

National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander communities to celebrate their children and for all people to learn about Aboriginal and Torres Strait Islander culture. The day will be filled with activities including traditional games, music, face painting, arts and crafts. Bookings encouraged but not essential.

Facilitated by City of Whittlesea.



How to Raise Confident and Connected Kids

Wednesday 6 August, 7pm – 8pm
 Online

events.humanitix.com/how-to-raise-confident-and-connected-kids

For parents of kids from toddlers to teens, this event will introduce key strategies for raising kids to be confident, compassionate, resilient, respectful, and more, all while strengthening your connection with them as a parent.

Join online to discover 3 practical tools for understanding your communication habits when it comes to your kids, addressing your child's behaviours (the good, the bad and the ugly) while building and maintaining a good relationship, and empowering your child to understand and realise their potential.

Facilitated by The Virtues Crew.





Toilet Training

Thursday 7 August, 10am – 12pm
 Thomastown Neighbourhood House,
 52 Main Street, Thomastown
trybooking.com/CWZAK

This informal session will support parents and carers to understand signs of readiness for transitioning out of nappies, normal toileting behaviours and where to seek help if more support is needed.

This session will take place as part of 'Promisetown Playgroup'- facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on [0488 224 349](tel:0488224349).

Facilitated by City of Whittlesea Children and Families Department.



Parenting Toddlers information session

Tuesday 12 August, 10am – 11.30am
 Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda
trybooking.com/CWZAM

This informal session aims to assist parents/carers to better understand their toddler's behaviour. Parents/carers will be provided with information on toddler development and useful information and strategies to manage challenging but normal toddler behaviours.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone.



Parental Self-Care

Monday 18 August, 10am – 11.30am
 Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda
trybooking.com/CWZAQ

This informal seminar focuses on building parents' understanding on the importance of self-care and how to prioritise it. Parents will be provided with self-care tips, tools and strategies to incorporate in their daily lives and prevent chronic illnesses associated with stress.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by Drummond Street Services.



Pop Up Playgroup

Wednesday 27 August,
 10am – 12pm
 Kids Zone, Westfield Plenty Valley,
 415 McDonalds Road, Mill Park
trybooking.com/CWZAR

The City of Whittlesea invites you to come along and join our fully facilitated pop up playgroup and information sharing event. Parents and carers will have the opportunity to hear about local playgroups (supported and community) and Councils Children and Families services and programs. Find out how to start a playgroup or volunteering your time. Participate in a free playgroup session where your child can join in with a range of fun children's activities. Bookings encouraged but not essential.

Facilitated by City of Whittlesea Children and Families Department.





Toilet Training



Thursday 28 August, 10am – 11.30am
Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

trybooking.com/CWZAS

This informal session will support parents and carers to understand signs of readiness for transitioning out of nappies, normal toileting behaviours and where to seek help if more support is needed.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by City of Whittlesea Children and Families Department.



Looking forward



Term 3, 2025, 10am – 12pm

Epping area

[8641 8900](tel:86418900)

familyservicesne@anglicarevic.org.au

Women who have left an abusive relationship

A free therapeutic group for women who have left an abusive relationship. The group uses creative arts activities and discussions to explore strengths, coping skills and self-care.

Facilitated by ParentZone Northern and Anglicare Family Services.



Getting Support at School



A 90-minute online workshop from the Association for Children with Disability (ACD).

If you're struggling to know how to get the support you believe your child needs at school, then this popular workshop will help build your confidence and skills. You'll get detailed information about how school processes work and how school plans can help your child.

Topics include:

- Individual Education Plans
- Behaviour Support Plans
- Reasonable adjustments
- Understanding school processes and plans.

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Supporting Your Child's Development and Referral Pathways



Wednesday 3 September,
10am – 11.30am

Jindi Family and Community Centre, 48 Breadalbane Avenue, Mernda

trybooking.com/CWZAW

This informal session will explore typical development in children 0-5 years of age. Parents can hear from an DPV Health expert about developmental milestones and what to do if you feel your child is not reaching these milestones.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup

Facilitated by DPV Health.





Read, Play and Connect



Tuesday 9 September, 10am – 11.30am
Whittlesea Library, 57-61 Laurel Street,
Whittlesea

trybooking.com/CWZAX

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Dealing with Preschool Behaviours



Thursday 11 September, 10am – 12pm
Thomastown Neighbourhood House,
52 Main Street, Thomastown

trybooking.com/CWZBC

During this informal session parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

This session will take place as part of 'Promisetown Playgroup' - facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on [0488 224 349](tel:0488224349).

Facilitated by ParentZone.



Nourishing Little People and Oral Health Care



Thursday 18 September,
10am – 11.30am

Jindi Family and Community Centre,
48 Breadalbane Avenue, Mernda

trybooking.com/CWZBH

During this informal session hear from an Accredited Practising Dietitian on how to support children to have colourful, nutritious meals to support their growth and wellbeing. Plus learn about oral care for keeping children's teeth healthy and strong. Practical, nutritious tips provided in this interactive presentation.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by DPV Health.



Starting Prep



A 2.5-hour online session from the Association for Children with Disability (ACD).

If your child has developmental delay or disability and is starting Prep in 2026, this workshop will help you plan their transition into school. You will gain the knowledge, skills, and confidence to support your child's positive start to school. Plus, your child doesn't need a diagnosis for you to register.

The sessions are run by ACD's professional facilitators who have children with disability. Their experience means they understand what it takes to get your child ready for Prep and can give you practical tips and insight to help make it a smooth transition.

Topics include:

- Transition planning with kindergarten and school
- Understanding the language that schools use
- How to build a positive partnership with the school
- How school can support your child.

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Bringing Up Kids

Thursday 2 October, 10am – 1pm
Mill Park Leisure Centre,
33 Morang Drive, Mill Park
trybooking.com/CWZBL

The Bringing Up Kids event will bring together local community agencies to provide a day of fun and information on services, programs and events offered in the City of Whittlesea for your family and children. A wide range of activities for children will be provided on the day!

Facilitated by City of Whittlesea Children and Families Department and service providers.



Circle of Security Parenting™ (8 week program)

Tuesday 7 October – 2 December,
10am – 12pm
Butterfly Room, Boori Maternal
and Child Health Centre,
21A Winchester Ave, Epping

[8401 6205](tel:84016205)

Circle of Security Parenting is a free parenting program designed to help parents with children 0- 5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

Facilitated by City of Whittlesea Enhanced Maternal and Child Health and Anglicare.



Dealing with Preschool Behaviours

Thursday 9 October, 10am – 11.30am
Jindi Family and Community
Centre, 48 Breadalbane Avenue,
Mernda

trybooking.com/CWZBO

During this informal session parents will be supported to understand the reasons behind their children's behaviours and develop new strategies to manage these behaviours.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by ParentZone.



Living with Autism (6-week program)

Tuesday 14 October – 25 November,
10am – 12pm

City of Whittlesea Early Parenting
Centre, 34 Anchorage Drive,
South Morang

trybooking.com/CWZBS

Are you the parent or carer of autistic child/ren?

This free 6-week program is an opportunity to ask questions about autism and will assist you to consider different approaches and strategies to help with parenting. The program is designed with you to ensure you get the support you need from the group.

Facilitated by ParentZone and City of Whittlesea Children and Families Department.





Tuning in to Teens (6-week program)



Thursday 16 October – 20 November,
6pm – 8pm

Online

Donna El-Cheikh

☎ 0409 006 126

✉ delcheikh@kidsfirstaustralia.org.au

This course provides parents with skills and strategies to help with everyday challenges based on emotionally attuned parenting. You will learn how to:

- Understand your teen's emotions
- Be aware and manage your emotions
- Build attachment and teaching through emotional experiences
- Help your teen understand and manage their emotions
- Develop skills to assist your teen in problem solving

Facilitated by Kids First and ParentZone.



Sleep and Settling



Thursday 16 October, 10am – 12pm

Thomastown Neighbourhood
House, 52 Main Street,
Thomastown

✉ trybooking.com/CWZBU

The City of Whittlesea Maternal and Child Health Sleep Team is presenting a baby and toddler group information session around your child's sleep, including:

- Tips and strategies to promote positive sleep patterns
- Discuss how sleep associations can influence your toddler's sleep
- The changing toddler world and how this impacts sleep
- Where to sleep your toddler safely
- Looking after yourself.

This session will take place as part of Promisetown Playgroup facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on ☎ 0488 224 349.

Facilitated by City of Whittlesea Maternal and Child Health.



Read, Play and Connect



Friday 17 October, 10am – 11.30am

Thomastown Library,
52 Main Street, Thomastown

✉ trybooking.com/CWZBV

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Children's Week Westfield Plenty Valley Village Spectacular



Wednesday 22 October, 10am – 1pm

Westfield Plenty Valley,
415 McDonalds Road, Mill Park

✉ trybooking.com/CWZBY

Celebrating Children's Week 2025

Join us to enjoy a range of activities and fun for all the family to celebrate 2025's Children's Week. The City of Whittlesea Children and Families Department will partner with Westfield Plenty Valley to host a range of crafts, story time, face painting and more based on the 2025 Children's Week theme.

Facilitated by City of Whittlesea Children and Families Department.





Read, Play and Connect



Monday 27 October, 11am – 12.30pm
 Thomastown Neighbourhood House, 52 Main Street, Thomastown

trybooking.com/CWZCA

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Teens and Beyond



A three-part online workshop series from the Association for Children with Disability (ACD) for families raising teenagers aged 13+ with disability.

Each session is 2.5 hours including time for questions. Your child's teenage years include secondary school, puberty and growing independence. As a parent, you play an important part in helping them to identify their strengths and aspirations, as well as supporting them to make decisions. This series will provide you with information to build your understanding and skills to navigate the teenage years with confidence. All workshops are led by ACD's professional facilitators who are parents of young people with disability and who have personal experience in navigating the teenage years.

Topics include:

- Financial support
- Building your teen's independence
- School and post-school options
- Wellbeing: friendships, communication, behaviour support and good mental health

To keep up to date with workshops and current information, register for ACD's monthly online newsletter

bit.ly/signupNB



Pacific Epping Stay and Play Pop-Up



Wednesday 5 November, 9am – 3pm
 Pacific Epping, 571-583 High Street, Epping

Join us for a day of crafting and playful adventures.

Unleash your creativity with your little ones with child-based activities, while gathering support and information from our local Early Years support services and programs.

No booking required.

Facilitated by City of Whittlesea Children and Families Department.



Supporting the Transition to Primary School and Kinder



Thursday 6 November, 10am – 12pm
 Thomastown Neighbourhood House, 52 Main Street, Thomastown

trybooking.com/CWZCD

This informal seminar will provide parents with tools to support their children as they transition to primary school and Kinder. Topics such as communication, responding to children's feelings and resilience will all be explored. This session will provide the opportunity for parents and carers to share ideas and strategies that work for them.

This session will take place as part of 'Promisetown Playgroup' - facilitated by Thomastown Neighbourhood House and located at the Thomastown Library.

For further information on the Playgroup, please don't hesitate to get in touch with TNH on [0488 224 349](tel:0488224349).

Facilitated by Drummond Street Services.





Supporting the Transition to Primary School



Tuesday 11 November,
10am – 11.30am

Jindi Family and Community
Centre, 48 Breadalbane Avenue,
Mernda

trybooking.com/CWZCH

This informal seminar will provide parents with tools to support their children as they transition to primary school. Topics such as communication, responding to children's feelings and resilience will all be explored. This session will provide the opportunity for parents and carers to share ideas and strategies that work for them.

Morning tea will be provided and children welcome. Delivered in partnership with Jindi Playgroup.

Facilitated by Drummond Street Services.



Read, Play and Connect



Wednesday 12 November,
10.30am – 12pm

Galada Library,
10A Forum Way, Epping

trybooking.com/CWZCJ

This program brings our community together at the local library for story time, games and activities with your children. Families can connect at your local community hub with the City of Whittlesea Early Years team to be informed on services, programs and events happening in your Neighbourhood.

Facilitated by City of Whittlesea Children and Families Department and Yarra Plenty Regional Library.



Supporting the Transition to Secondary School



Thursday 19 November, 6.30pm – 8pm
Online

trybooking.com/CWZCL

This session will help families plan and prepare for their young person's transition to secondary school. In this session we will explore the role of parents and carers in promoting their young person's social and emotional wellbeing and building their resilience to support and navigate this significant change.

Facilitated by Drummond Street Services.



First Steps



A 90-minute online workshop from the Association for Children with Disability (ACD).

If you have a young child with developmental delay or disability, you are probably trying to navigate the huge amount of information out there and find out what supports are available and what best suits your child's and family's needs. First Steps will give you practical information to help you decide where to start and find what you need to support your child and your family. ACD's professional workshop facilitators are all parents of children with disability, who understand how overwhelming the early years can be. They will give you practical information to help you prioritise your family's needs and how to support yourself, your child and their siblings.

Topics include:

- Rethinking respite: why it's important and how it may help
- Financial support: what's available and what you can ask for
- Self-care and staying connected
- Supporting siblings

Register to keep up to date with workshops and current information, register for ACD's monthly online newsletter bit.ly/signupNB

Children and Families

25 Ferres Boulevard
South Morang

For more information visit the individual
trybooking link for the program, email
familytraining@whittlesea.vic.gov.au
or call us on **9217 2170**.

All events are FREE

Booking is required unless
otherwise stated.

For all programs please visit...



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