

Purpose

The First Time Parent Group is offered over seven weeks at one-hour-and-forty-five-minute sessions and aims to support first-time parents, carers and guardians in their new role.

The group is designed to build parenting confidence and gain further knowledge in early childhood development.

It provides a space to connect with other parents where experiences may be shared and social and supportive networks can be established.

Benefits

- Increase parental confidence and normalise parenting experiences.
- Support parent/child interaction.
- Learn about child health and development.
- Meet other first-time parents and learn from each other.
- Establish friendships and social networks.
- Join in some fun in an informal and supportive group.

The City of Whittlesea recognises the rich Aboriginal heritage of this country and acknowledges the Wurundjeri Willum Clan as the Traditional Owners of this place.



Original artwork created by Mandy Nicholson Wurundjeri artist,

Traditional Wurundjeri motifs represent how we are connected to the earth, just like our finger prints.

Council Offices

25 Ferres Boulevard
South Morang VIC 3752

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Bundoora MDC VIC 3083

Tel 03 9217 2170
TTY 133 677 (ask for 9217 2170)

Email info@whittlesea.vic.gov.au
Web whittlesea.vic.gov.au

Free telephone interpreter service

 131 450



First Time Parent Group

An information and support group for first-time parents



Attendance to this program is suitable for first-time parents with babies born in October, November or December 2020

Content

Over the course of seven sessions, we will cover a range of topics that are of interest to the group. It will be guided and adapted to suit the needs of families.

Some areas of discussion may include your transition to parenthood, sleep and settling, diet and active play, parenting resources, and forming playgroups.

The first five sessions will be facilitated and will include a visit by the Playgroup team. During the final two sessions, families will come together without a facilitator to plan and continue future catch ups.

Participants are encouraged to continue to develop social networks and create lasting friendships within a community playgroup setting.

Extra Group !
Due to popular demand.

Orchard Road MCH Centre
Community and Early Learning Centre
121 Orchard Road
DOREEN
2:15pm - 4pm
Fridays
29 January to 19 March
(no session 26 Feb)

2021 Series 1

Suitable for first-time parents with babies born in October, November or December 2020

Select a group session at one of our Maternal and Child Health Centres

<p>DPVH MCH Centre DPV Health Medical Centre Physio Room 20 Civic Drive MILL PARK</p> <p>2:15pm - 4pm Mondays 11 January to 22 February</p>	<p>Main Street MCH Centre inside Thomastown Library Community Rooms 1 and 2 52 Main Street THOMASTOWN</p> <p>2:15pm - 4pm Tuesdays 12 January to 9 March (no session 26 Jan & 16 Feb)</p>	<p>Bundoora MCH Centre Bundoora Square S.Centre Shop 7, 5 Nickson Street BUNDOORA</p> <p>2:15pm - 4pm Mondays 18 January to 15 March (no session 25 Jan & 8 Mar)</p>	<p>Centenary Drive MCH Centre 2/68 Centenary Drive MILL PARK</p> <p>2:15pm - 4pm Wednesdays 20 January to 3 March</p>
<p>Epping Views MCH Centre Epping Views Family and Community Centre 15a Lyndarum Drive EPPING</p> <p>2:15pm - 4pm Wednesdays 13 January to 24 February</p>	<p>Galada MCH Centre Galada Community Centre 10c Forum Way EPPING</p> <p>2:15pm - 4pm Fridays 15 January to 5 March (no session 26 Feb)</p>	<p>Ganbu Gulinj MCH Centre Ganbu Gulinj Community Centre 55 Macedon Parade WOLLERT</p> <p>2:15pm - 4pm Tuesdays 19 January to 16 March (no session 26 Jan & 16 Feb)</p>	<p>Boori MCH Centre Boori Children's Services Caterpillar Room 21a Winchester Avenue EPPING</p> <p>2:15pm - 4pm Thursdays 21 January to 4 March</p>
<p>Laurimar MCH Centre Laurimar Community Activity Centre 110 Hazel Glen Drive DOREEN</p> <p>2:15pm - 4pm Mondays 11 January to 15 March (no session 25 Jan, 22 Feb & 8 Mar)</p>	<p>Mernda Village MCH Centre Mernda Village Community Activity Centre 70 Mernda Village Drive MERNDA</p> <p>2:15pm - 4pm Thursdays 14 January to 25 February</p>	<p>Mernda South MCH Centre Mernda South Early Learning Centre 2 Goulburn Street MERNDA</p> <p>2:15pm - 4pm Thursdays 21 January to 4 March</p>	<p>Jindi MCH Centre Jindi Family and Community Centre 48 Breadalbane Avenue MERNDA</p> <p>2:15pm - 4pm Thursdays 28 January to 25 March (no session 18 Feb & 18 Mar)</p>

Bookings Via the Eventbrite link provided with the invitation to first-time parents.

Enquiries Telephone 9404 8888 or email mchprograms@whittlesea.vic.gov.au