

## TERM 3

### Care for Caring Parents

Six sessions for a small group of parents who are raising children with additional needs. The group will provide a mixture of educational and supportive opportunities for parents to focus on their needs, hopes, fears and coping abilities. Childcare available.

**When:** August 3, 10, 17, 24, 31; September 7  
**Time:** Tuesdays 12.30pm – 2.30pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Facilitators:** Sunet Rossouw and Anne-Marie Cooper  
**Enquiries:** Sunet Rossouw on 8525 8239

### Triple P (Positive Parenting Program)

Triple P is for parents who want to discipline less and enjoy their children more. This program is for parents with young children up to 12 years of age. Parents will learn to recognise the causes of their children's behaviour, how to get members of the family to do what you ask straight away and how to respond to misbehaviour effectively without having to explode. Childcare available.

**When:** August 4, 11, 18, 25; September 1, 8  
**Time:** Wednesday 12.00pm – 2.00pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Cost:** Free  
**Facilitators:** Tracey Hassan and Deb McEvoy-Herbert  
**Enquiries:** Tracey Hassan on 8525 -8243

### Get Lost Mr Scary (Helping kids cope with anxiety)

“Get Lost Mr Scary” is a cognitive behavioural program that helps children (aged 5 – 7) develop skills to cope with fears and worries. These worries might be general fears or a more specific phobia. It is an experiential program and incorporates a lot of play and fun activities. The group runs for 7 weekly sessions for approximately 1 hour, with a one-off booster session 6 weeks after completing the group. There are three compulsory parent sessions at the beginning, middle and end of the group.

**When:** First Parent Session: Thursday August 5 at 4.00pm – 5.00pm  
**Group dates:** August 12, 19, 26; September 2, 9, 16  
**Time:** Thursdays 3.30pm – 4.30pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst.  
**Facilitator:** Vanessa Sheer and Luke Ireland  
**Enquiries:** Vanessa Sheer on 8525 8228

## **MyTime**

Learning Links has three My Time groups which provide support to parents with young children with disabilities and chronic illnesses within a relaxed playgroup setting. Each group is facilitated by a Family Counsellor who is assisted by a play helper who engages the children with stimulating activities enabling the parents to share their stories with each other and develop new support networks. All groups are provided free to parents/carers.

### ***Oatley Group***

**When:** Mondays 10.00am – 12.00pm  
**Location:** Oatley Cottage, Cnr Hurstville Rd & Oatley Ave, Oatley  
**Facilitator:** Tracey Hassan on 8525 8243

### ***Sans Souci Group***

**When:** Thursdays 10.00am – 12.00pm  
**Location:** St Andrews Anglican Church, Cnr Rawson St & Rocky Point Rd, Sans Souci  
**Facilitator:** Ann Chantiri on 8525 8239

### ***Randwick Group***

**When:** Thursdays 10.00am – 12.00pm  
**Location:** Ronald McDonald House, 149-151 Barker St, Randwick  
**Facilitator:** Sunet Rossouw on 8525 8239

## ***GROUPS COMING IN TERM 4 2010!!!!!!***

### **Care for Caring Parents**

An evening group.

### **Sibs Group**

A fun group focusing on building resilience for siblings of children with a disability or developmental delay.

### **Circle of Security**

An early intervention program for parents and children that will focus on the relationships that give children emotional support.

### **Adolescent Group**

A group which focus' on improving self-management skills and self-confidence.

## TERM 2

### Rock and Water

Rock and Water is an educational program for boys aged 9-12, using physical exercises to demonstrate functional and positive techniques for interaction with their peers and others. In an active learning environment, these exercises are linked with mental and social skills to help the children become more self-aware, self-confident and self-controlled. The children take part in karate-style exercises and then relate the exercise to their development of self- and mutual-respect, boundaries, and communication as an alternative to physical or verbal aggression and/or bullying.

**When:** April 8 & 9  
**Time:** 9.30am -1.00pm  
**Location:** To be confirmed (in the Peakhurst local area)  
**Cost:** \$20 Learning Links members; \$30 non-members  
**Facilitators:** Stephanie Jacques and Vanessa Sheer  
**Enquiries:** Stephanie Jacques on 8525 8246 or Vanessa Sheer on 8525 8228

### MyTime

This group specifically provides support to parents with young children with disabilities and chronic illnesses within a relaxed playgroup setting. It is facilitated by a psychologist who is assisted by a play helper who engages the children with stimulating activities enabling the parents to share their stories with each other and develop new support networks.

**When:** April 19; May, 3, 10, 17, 24, 31; June 7, 14  
**Time:** Mondays 10.00am – 12.00pm  
**Location:** Oatley Cottage, Cnr Hurstville Rd & Oatley Ave, Oatley  
**Cost:** Free  
**Facilitators:** Tracey Hassan and Katherine Barlow  
**Enquiries:** Tracey Hassan on 8525 8243

### Circle of Security

The Circle of Security Parenting Program is an early intervention program for parents and children that will focus on the relationships that give children emotional support. The 9 week program will provide opportunities for parents to develop key skills that will enable them to build secure relationships with their children. Childcare available.

**When:** April 19, May, 3, 10, 17, 24, 31; June 7, 21, 28  
**Time:** Mondays 9.30am -12.00pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Facilitators:** Mary Morgan and Anne Marie Cooper  
**Enquiries:** Mary Morgan on 8525 8241

## Care for Caring Parents

Six sessions for a small group of parents who are raising children with additional needs. The group will provide a mixture of educational and supportive opportunities for parents to focus on their needs, hopes, fears and coping abilities. Childcare available.

**When:** April 20, 27; May 4, 11, 18  
**Time:** Tuesdays 12.30pm – 2.30pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Facilitators:** Amanda Wheeler and Sunet Rossouw  
**Enquiries:** Sunet Rossouw on 8525 8239

## Triple P (Positive Parenting Program)

Triple P is for parents who want to discipline less and enjoy their children more. This program is for parents with young children up to 12 years of age. Parents will learn to recognise the causes of their children's behaviour, how to get members of the family to do what you ask straight away and how to respond to misbehaviour effectively without having to explode. Childcare available.

**When:** April 22, 29, May 6, 13, 20  
**Time:** Thursday 12.30pm-2.30pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Cost:** Free  
**Facilitator:** Anne-Marie Cooper  
**Enquiries:** Anne-Marie Cooper on 8525 8235

## Parents as Case Coordinators PaCC (Case Management intervention)

Parents as Case Coordinators (PaCC) is a new initiative available to families. It is part of an engagement strategy to meet families' needs through a variety of case management options. PaCC is a group case management model based from an educative framework. This 7 week series is designed to support families to develop the skills to manage the service sector to meet the needs of your child. Childcare available.

**When:** May 5, 12, 19, 26; June 2, 9, 16  
**Time:** Wednesdays 10.00am -12.30 pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Facilitators:** Vanessa Sheer and Ann Chantiri  
**Enquiries:** Vanessa Sheer on 8525 8228

## 1 2 3 Magic

Parenting program of three sessions providing information and strategies for parents of children between 2 and 12 years. Will assist in improving parents self esteem as you will feel more in control using discipline rather than punishment. Childcare available on request.

**When:** May 14, 21 28  
**Time:** Fridays 10.00am-12.00pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Cost:** \$20 Learning Links members; \$30 non-members  
**Facilitator:** Maree Magee  
**Enquiries:** Deb McEvoy-Herbert on 8525 8234

## Triple P (Seminar Series)

Triple P is for parents who want to discipline less and enjoy their children more. This program is for parents with young children up to 12 years of age. Parents will learn to recognise the causes of their children's behaviour, how to get members of the family to do what you ask straight away and how to respond to misbehaviour effectively without having to explode. The seminar series contains three individual sessions.

**When:** June 17, 24; July 1  
**Time:** Thursdays 5.00pm – 6.30pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Cost:** Free  
**Facilitators:** Stephanie Jacques and Deb McEvoy-Herbert  
**Enquiries:** Deb McEvoy-Herbert on 8525 -8222

## Hey Dad - For fathers/stepfathers and carers of children with disabilities

Hey Dad is a parenting group work program for fathers who are parenting a child with a disability. They might be living with their child or having regular contact. Many fathers' want to be more involved with their child, but may lack the confidence and support needed to raise a child with special needs. This program aims to increase self-confidence, promote the importance of the role of a father, provide an opportunity for fathers and children to share experiences and build stronger connections, provide information and support and minimise isolation. It will run over 5 months with a father's only session once a month and two activity days with your child on a Saturday morning. Childcare available.

**When:** June 24; July 29; August 26; September 30; October 28  
**Time:** Last Thursday of each month 7.30pm-8.30pm  
**Location:** Learning Links, 12-14 Pindari Rd, Peakhurst  
**Cost:** Free  
**Facilitator:** Vanessa Sheer  
**Enquiries:** Vanessa Sheer on 8525 8228

## TERM 1

### Cool Kids (Helping kids cope with anxiety)

A structured “cognitive behaviour therapy” program for children aged between 9 and 11 years who meet the selection criteria. This program, developed at Macquarie University, runs over 8 weekly sessions and will require parent involvement and attendance at a compulsory parent seminar. Both parents and children use a workbook to help make the skills learned throughout the program more concrete.

**When:** Parent Seminar: Monday January 25 at 5.30pm – 7.30pm  
**Group dates:** February 4, 11, 18, 25; March 4, 11, 18, 25  
**Time:** Thursdays 3.30pm – 5.00pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst  
**Cost:** \$50 (for workbooks for parent and child)  
**Facilitators:** Stephanie Jacques and Deb McEvoy-Herbert  
**Enquiries:** Stephanie Jacques on 8525 8246

### MyTime

This group specifically provides support to parents with young children with disabilities and chronic illnesses within a relaxed playgroup setting. It is facilitated by a psychologist who is assisted by a play helper who engages the children with stimulating activities enabling the parents to share their stories with each other and develop new support networks.

**When:** February 1, 8, 15, 22; March 1, 8, 15, 22, (8 sessions)  
**Time:** Mondays 10.00am – 12.00pm  
**Location:** Oatley Cottage, Cnr Hurstville Road and Oatley Avenue, Oatley  
**Cost:** Free  
**Facilitators:** Tracey Hassan and Katherine Barlow  
**Enquiries:** Tracey Hassan on 8525 8243

### Social Skills Workshop

An intensive 7 week program aimed at enhancing the social skills of children aged 4 - 6 years (not attending school). The workshop focuses on basic interaction skills, getting along skills, making and keeping friends, coping skills and self esteem. The course also includes a parent seminar aimed at providing parents with information and strategies for continued social skills development.

**When:** Parent Seminar – Tuesday February 2  
**Group dates:** Tuesdays February 23; March 2, 9, 16, 23, 30  
**Time:** 10.00am – 11.30am  
**Where:** Learning Links, 88 Shropshire Street, Miller  
**Cost:** \$60 for the 7 week course  
**Facilitators:** Kara Smith and Monique Cannon  
**Enquiries:** Kara Smith or Monique Cannon on 8783 7111

## Get Lost Mr Scary (Helping kids cope with anxiety)

“Get Lost Mr Scary” is a cognitive behavioural program that helps children (aged 5 – 7) develop skills to cope with fears and worries. These worries might be general fears or a more specific phobia. It is an experiential program and incorporates a lot of play and fun activities. The group runs for 7 weekly sessions for approximately 1 hour, with a one-off booster session 6 weeks after completing the group. There are three compulsory parent sessions at the beginning, middle and end of the group.

**When:** First Parent Session: Wednesday February 3 at 5.00pm – 6.00pm  
**Group dates:** February 9, 16, 23; March 2, 9, 16, 23  
**Time:** Tuesdays 3.30pm – 4.30pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst.  
**Facilitator:** Vanessa Sheer and Sunet Rossouw  
**Enquiries:** Vanessa Sheer on 8525 8228

## PECA (Parenting experiences of children with Autism)

This group aims to offer support for parents; to provide an opportunity for parents to share their experiences and the resources they have found useful in their individual journeys. Meet other parents, who understand what you have been through, in a non-judgmental supportive environment facilitated by experienced group leaders.

**When:** February 10, 17, 24; March 3, 10, 17, 24, 31  
**Time:** Wednesdays 12.30pm – 2.30pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst (Childcare available)  
**Cost:** \$10 Learning Links' members; \$30 non-members  
**Facilitators:** Tracey Hassan  
**Enquiries:** Tracey Hassan on 8525 8243

## Triple P (Positive Parenting Program)

Triple P is for parents who want to discipline less and enjoy their children more. This program is for parents with young children up to 12 years of age. Parents will learn to recognise the causes of their children's behaviour, how to get members of the family to do what you ask straight away and how to respond to misbehaviour effectively without having to explode.

**When:** February 24; March, 3, 10, 17, 24  
**Time:** Wednesdays 10.00am – 12.00pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst (Childcare available)  
**Cost:** Free  
**Facilitators:** Amanda Wheeler and Stephanie Jacques  
**Enquiries:** Amanda Wheeler on 8525 8235

## Buttons Program

A parenting program focussing on understanding how a certain look or a defiant act can push parents' buttons. Blame, regret, shame - does this action/reaction cycle sound familiar? Participants will discover what their buttons are, where they come from, why their children push them and how to defuse them to regain authority, sanity, cooperation and respect.

**When:** March 1, 8, 15, 22, 29  
**Time:** Mondays 10.00am -12.00pm  
**Location:** Learning Links, 12-14 Pindari Road, Peakhurst (Childcare available)  
**Facilitators:** Mary Morgan and Vanessa Sheer  
**Enquiries:** Mary Morgan on 8525 8241