

TERM 4

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

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 nine 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: October 11, 18, 25; November 1, 8, 15, 22, 29; December 6
Time: Mondays 10.30am – 12.30pm
Location: Learning Links, 12-14 Pindari Rd, Peakhurst
Facilitator: Mary Morgan
Enquiries: Mary Morgan on 8525 8241

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 seven weekly sessions for approximately one hour, with a one-off booster session six 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 October 14 from 4.00pm-5.00pm
Group dates: October 21, 28; November 4, 11, 18, 25; December 2
Time: Thursdays 3.30pm – 4.30pm
Location: Learning Links, 12-14 Pindari Road, Peakhurst.
Facilitators: Luke Ireland and Amanda Wheeler
Enquiries: Luke Ireland on 8525 8246

Social Skills Workshop

An intensive seven 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: October 19, 26; November 2, 9, 16, 23, 30; December 7
Time: Tuesdays 4.00pm – 5.30pm
Where: Learning Links, 88 Shropshire Street, Miller
Cost: \$60 for the 7 week course
Facilitators: Kara Smith and Stephanie Ingram
Enquiries: Kara Smith on 8783 7111

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: October 20, 27; November 3, 10, 17
Time: Wednesdays 10.00pm – 12.00pm
Location: Learning Links, 12-14 Pindari Rd, Peakhurst
Cost: Free
Facilitator: Tracey Hassan
Enquiries: Tracey Hassan on 8525 -8243

Afternoon Club

A six week afternoon program for siblings of children with additional needs (aged 9-13yrs). The program provides creative expression and personal insight through fun and art making.

When: October 20, 27; November 3, 10, 17, 24
Time: Wednesdays 4.00pm – 5.30pm
Location: Learning Links, 12-14 Pindari Rd, Peakhurst.
Facilitators: Vanessa Sheer and Deb McEvoy-Herbert
Enquiries: Vanessa Sheer on 8525 8228

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.

South East Sydney

When: October 26; November 2, 9, 16, 23, 30; December 7
Time: Tuesdays 6.30pm – 9.00pm
Location: Learning Links, 12-14 Pindari Rd, Peakhurst
Facilitator: Vanessa Sheer
Enquiries: Vanessa Sheer on 8525 8228

South West Sydney

When: October 28; November 4, 11, 18, 25; December 2, 9
Time: Thursdays 6.30pm – 9.00pm
Location: Learning Links, 88 Shropshire St, Miller
Facilitator: Vanessa Sheer
Enquiries: Vanessa Sheer on 8525 8228

Dad Triple P

Triple P is for Dads with young children up to 12 years of age who want to discipline less and enjoy their children more. 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: November 4, 11, 18, 25
Time: Thursdays 7.00pm – 9.00pm
Location: Learning Links, 12-14 Pindari Rd, Peakhurst
Cost: Free
Facilitator: Anne Marie Cooper
Enquiries: Anne Marie Cooper on 8525 8227

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' Family Services Group Calendar 2010



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

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

Learning Links' Family Services Group Calendar 2010



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)

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When: February 24; March, 3, 10, 17, 24
Time: Wednesdays 10.00am – 12.00pm

Learning Links' Family Services Group Calendar 2010



Location: Learning Links, 12-14 Pindari Road, Peakhurst
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. Childcare available.

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