

TERM 1 WEEKLY TIMETABLE: Monday 31 January 2022 to Friday 8 April 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Playgroup CPC

A playgroup for families with children aged **1 to 3 years** that supports play-based learning

9.00am to 10:30am

North Balga Primary School playgroup Building Blocks

A playgroup for families with children aged **birth to 4 years**

9.00 am to 10.30am
30 Maitland Road, Balga
North Balga Primary School

Playgroup CPC

A playgroup for families with children aged **2 to 4 years** that supports play-based learning

9.00am to 10:30am

Aboriginal Playgroup

A playgroup for Aboriginal families with children aged **birth to 4 years**

9.30am to 11:30am
Fortnightly Aboriginal Child Health Team Drop In
9.00- 11.30

Bubs Playgroup CPC

Playgroup for families with children aged **birth to 12 months**

9.00am to 10:30am

Tuning into Kids Monday 11- 1pm

A 5-session parenting program that helps children learn to understand and regulate emotions

14th February – 21st March
11.00am – 1.00 pm

Booking essential.
Creche available



Balga Primary School playgroup

A playgroup for families with children aged **birth to 4 years** **9.00am-10.30am**

11 Fernhurst Crescent, Balga
Balga Primary School

Parenting workshops and activities available:

- ❖ Speech pathology drop-in clinic: February
- ❖ Circle of Security – 10th Feb-31st March
- ❖ Tuning into Kids – 14th Feb-21st March
- ❖ Sing & Grow workshop – TBC
- ❖ Heartbeat First Aid – TBC
- ❖ Wellbeing Workshop – 3 weeks TBC
- ❖ Dealing with Disobedience – 23 Feb

Circle of Security

An 8-session program for parents with young children. Works on how to strengthen parent-child relationships.

10th February – 31st March

11.30am – 1.30pm

Booking essential.
Creche available

Child Health Nurse

❖
To book appointments with Child Health Nurse phone and leave a message
9207 1109

For further information on programs or to register, please phone the Centre **6151 1980** or drop into

8 REDCLIFFE AVENUE BALGA



Email: WarriapendiCPC@mercycare.com.au

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