

## Term 1, 2026 Planner

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>“Time for Me” Parent Workshop</b> For parents of children ages 0 – 8y 9<sup>th</sup> &amp; 16<sup>th</sup> February, 2<sup>nd</sup> March Start 9: 30 - 11:00am This group focuses on emphasising on the idea <b>“You can’t pour from an empty cup”</b>, providing a safe and empowering space for mothers. Parents will learn how: to develop opportunities to socially connect in a safe space, to maintain healthy self- care practices and improve your mental, emotional and physical wellbeing and more. <b>Childcare and Morning Tea provided</b> <b>In partnership with Creating Links</b></p> <p><b>Healthy Families Program Information Session</b> For children aged 7–13 and their Families.” 23<sup>rd</sup> February 9.30am – 10.30am <b>In partnership with Go4Fun and SLHD</b></p> <p><b>Learning Club</b> Homework Support Start Mon 16<sup>th</sup> February 3.00pm – 4.10pm (New list) TSF students) A safe and a supportive learning environment where students get support for their homework and participate in activities that develop their academic and social skills. <b>In partnership with The Smith Family</b></p>	<p><b>Play-to-Learn playgroup</b> 0 to 3 year old Start 3<sup>rd</sup> February 9.30am – 11.30am Provides play experiences for newborn to 3 year old children to develop gross and fine motor skills, language and social skills. It also provides parents with an opportunity to socialise and share ideas with each other. <b>Punchbowl Public School SaCC Educators</b></p> <p><b>Parent Pathways workshop</b> For mothers who are looking to study or work 9<sup>th</sup>&amp;16<sup>th</sup> March, 9.30am (Playgroup time) Mariam a Parent Mentor will be here to support you, to work towards your goals while you’re doing the most important job of all. This is a flexible, voluntary program with a wide range of options designed to help you build a brighter future for your family <b>In partnership with Workskill Australia – Employment and Community Services</b></p> <p><b>Better Beginnings</b> 0 – 5years March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> &amp; 31<sup>st</sup> Time: 12:30 pm – 2:30 pm <b>In partnership with Prosper and Strong Safe Families</b></p>	<p><b>Parent Child Mother Goose playgroup</b> Newborn to 4 year old Start Wed 4<sup>th</sup> February 10.00am - 11.15am</p> <p>This playgroup is designed to strengthen the attachment and interaction between parents and their children. Parents will gain confidence that will lead to creating positive family patterns. <b>In partnership with Creating Links</b></p> <p><b>Community Service Family Drop-in Service with SaCC Facilitator</b> SaCC Room anytime from 12.30 – 2.30pm</p>	<p><b>Three services for families to choose from:</b> Starts 5th February 9.30am – 11.30am <b>Come speak with Staff for more information.</b></p> <p><b>Play2LearnPlaygroup 0 – 4 year old</b> We provide play-based early education program with activities planned around children’s individual developmental needs, parent education and guest speakers.</p> <p><b>1:1 Parent Coaching New!</b> We partner with you to help you build skills and confidence to strengthen your relationship with your child, support their development and understand and respond to your child’s behaviours.</p> <p><b>Parent Education New!</b> Bringing Up Great Kids is an online group parenting program facilitated over 6 weeks, supporting caregivers to build their confidence. <b>In partnership with 54Reasons</b></p> <p><b>Community Service Family Drop-in Service with SaCC Facilitator</b> SaCC Room anytime from 12.30 – 2.30pm</p>	<p><b>Wellbeing Program</b></p> <p><b>ZUMBA Class in the SaCC</b> For Parents ready for a new healthy lifestyle. Friday 20<sup>th</sup> February 9.30 to 10.30am Join us for a fun and energetic Zumba session to: Shake off stress Boost energy and Enjoy a lively workout No experience needed! <b>Wear comfortable clothing and supportive shoes</b></p> <p><b>Triple P Workshop For Parents</b> 6<sup>th</sup> &amp; 13<sup>th</sup> March 9.30am Triple P is designed to give parents practical strategies to build strong relationships, manage child behaviour and reduce emotional/behavioural problems. It aims to prevent, rather than just treat, issues by improving parental confidence and fostering nurturing environments. <b>In partnership with Inclusive and Diverse Communities Inc</b></p>