

Parenting Programs in Sydney – Term 4, 2025 (Last updated Wednesday, 15 October 2025 3:40 PM)

This list is continuing to be updated after distribution. Please send additional information or corrections to wendy@sagecommunity.org.au

To see the latest version of this list, please click on the link that is at the very bottom of the following website: <https://sagecommunity.org.au/parenting-programs/>

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
1-2-3 Magic and Emotion Coaching	Parents/carers of pre-school & primary-aged children	Tuesdays 10:30am-12:30pm 28 Oct – 11 Nov	Online via zoom	\$70 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
1-2-3 Magic & Emotion Coaching	Parents of 2-12yo	Tuesdays 10am-12:30pm 4 Nov – 18 Nov	Spring Farm	Free	No	Community Links Wellbeing & Camden Council	Parenting_Education@communitylinks.org.au 0246 832 776 Register via https://forms.office.com/r/yH7Lrya0ez	https://www.communitylinks.org.au/1-2-3-magic/ https://www.communitylinks.org.au/parenting-education-courses/
1-2-3 Magic and Emotion Coaching	Parents/carers of children 2-12yo	Wednesdays 11am – 1pm 12 – 25 Nov	Online	Free	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/123-magic-and-emotion-coaching/
1-2-3 Magic and Emotion Coaching	Parents/carers of pre-school & primary-aged children	Wednesdays 6:30pm-8:30pm 26 Nov – 10 Dec	Online via zoom	\$70 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
1-2-3 Magic & Emotion Coaching	Parents of 2-12 yo	Thursdays 10am-12pm 23 Oct – 6 Nov	Cranebrook	Free	No	NCNS	Epirosa Hosking 0437 699 019 or 02 4729 0442 parenting@nepeancommunity.org.au	www.nepeancommunity.org.au

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Anxiety Coach	Parents/carers of children 5 years and older	Mondays 10:30am-12:30pm 20 Oct – 3 Nov	Online via zoom	\$70 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Anxiety Coach	Parents/carers of children 5 years and older	Wednesdays 6:30pm – 8:30pm 26 Nov – 10 Dec	Online via zoom	\$70 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Anxiety Coach	Parents of 4-12yo	Thursdays 6:30pm – 8:30pm 30 Oct – 11 Nov	Oran Park	Free	No	Community Links Wellbeing & Camden Council	Parenting Education@communitylinks.org.au 02 4683 2776 Register via https://forms.office.com/r/SVpYYT4MMp	https://www.communitylinks.org.au/anxiety-coach/ https://www.communitylinks.org.au/parenting-education-courses/
Baby Brains (Webinar)	Parents/carers of babies and toddlers	Wed 29 Oct 11am – 1pm	Online	Free	-	Centacare South West NSW	1300 619 379	https://centacareswnsw.org.au/courses-seminars/webinar-baby-brains/
Bringing Up Great Kids	Parents of 0-12yo Parent must have current or past addiction to meet the criteria	Mondays 11am-1 pm 20 Oct -	Campbelltown	Free	No	Odyssey House NSW	1800 397 739	https://odysseyhouse.com.au/
Bringing Up Great Kids	Parents/carers of children of all ages	Tuesdays 10:30am-12:30pm 21 Oct – 18 Nov	Online via zoom	\$105 or Free for concession card holders, but \$5 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development

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Bringing Up Great Kids	Parents/carers of 2-13yo	Tuesdays 10am -12:30pm 28 Oct - 2 Dec	Blacktown	Free	Yes	Junaya Aboriginal Corporation	02 9621 3922	https://junaya.org.au/parenting-programs/
Bringing Up Great Kids	Parents of 0-12yo Parent must have current or past addiction to meet the criteria	Wednesdays 10am-12pm 17 Sept – 22 Oct	Blacktown	Free	No	Odyssey House NSW	1800 397 739	https://odysseyhouse.com.au/
Bringing Up Great Kids	Parents of 0-12yo Parent must have current or past addiction to meet the criteria	Fridays 11am – 1pm 26 Sept – 31 Oct	Online mode	Free	No	Odyssey House NSW	1800 397 739	https://odysseyhouse.com.au/
Circle of Security Parenting	Parents of 0-5yo	Mondays 10am-12pm 20 Oct – 8 Dec	Merrylands	Free	No	WSLHD Child and Family Health	Louise: 8759 4000 Fatmata: 9860 9800	
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children	Mondays 10:30am-12:30pm 10 Nov – 8 Dec	Online via zoom	\$105 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Circle of Security Parenting	Parents of 0-5 yo	Mondays 4pm – 5:30 pm 13 Oct – 1 Dec	Merrylands	Free	No	SDN Children’s Services	https://www.eventbrite.com.au/e/circle-of-security-parenting-program-every-monday-in-merrylands-sdn-tickets-1681691808469?aff=oddtcreator	https://www.eventbrite.com.au/e/circle-of-security-parenting-program-every-monday-in-merrylands-sdn-tickets-1681691808469?aff=oddtcreator

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Circle of Security Parenting	Parents	Tuesdays 10am -12pm 21 Oct – 2 Dec	Cranebrook	Free	Yes	Barnardos	Call 4729 1211 to register	Find us on Facebook for more info – Penrith Barnardos Children’s Family Centre
Circle of Security Parenting	Parents of young children	Tuesdays 9:30am-11:30am 21 Oct – 9 Dec	Bowral	Free	Yes	Community Links Wellbeing	0455 104 104 or mhintake@communitylinks.org.au	
Circle of Security Parenting	Parents of 0-12yo	Wednesdays 10am-11.30am 22 Oct – 10 Dec	Cranebrook	Free	Yes	Gateway Family Services (in partnership with NCNS)	4720 6500	www.gatewayfamilyservices.org.au or email: groups@gatewayfamilyservices.org.au
Circle Of Security	Parents/carers of 0-12yo	Wednesdays 10am – 12:30pm 22 Oct – 26 Nov	Blacktown	Free	Yes	Junaya Aboriginal Corporation	02 9621 3922	https://junaya.org.au/parenting-programs/
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children.	Wednesdays 6:30pm-8:30pm 22 Oct – 19 Nov	Online via zoom	\$105 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Circle of Security Parenting	Parents of 0-5yo	Thursdays 10am-12pm 16 Oct – 11 Dec	Pendle Hill	Free	Yes	SAGE Community Services	www.tinyurl.com/term4-2025 02 9636 8437	https://sagecommunity.org.au/parenting-programs/ https://sagecommunity.org.au/wp-content/uploads/2025/09/2025-Term-4-COSP-flyer.pdf
Circle of Security Parenting	Parents of children 0-5yo	TBA (rotation) 8 sessions total 10am-12pm	Blacktown	Free	No	Odyssey House NSW	1800 397 739	https://odysseyhouse.com.au/
Emotion Coaching	Parents/carers of children of all ages	Tuesdays 10:30am-12:30pm 25 Nov – 9 Dec	Online via zoom	\$65 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
Emotion Coaching	Parents/carers of children of all ages	Wednesdays 10:30am–12:30pm 26 Nov – 10 Dec	Online via zoom	\$65 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Keeping Kids in Mind	Parents recently separated/divorced	Tuesdays 11:30am–2pm 11 Nov – 9 Dec	Online	\$120 (\$70 concession)	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/keeping-kids-in-mind-2/
Keeping Kids in Mind	Parents experiencing conflict after separation	Tuesdays 6:30pm–9pm 11 Nov – 9 Dec	Online via zoom	\$150 or \$50 for concession card holders	No	CatholicCare Sydney	13 18 19 Parents will be required to do an intake before being booked into a group	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Keeping Kids in Mind	Parents experiencing conflict after separation	Wednesdays 10:30am–1pm 15 Oct – 12 Nov	Online via zoom	\$150 or \$50 for concession card holders	No	CatholicCare Sydney	13 18 19 Parents will be required to do an intake before being booked into a group	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Keeping Kids in Mind	Parents post separation	Wednesdays 10am – 12:30pm 22 Oct -19 Nov	On-line (Zoom)	\$150 (or \$50 concession)	N/A	Catholic Care Western Sydney and the Blue Mountains	enquiries@catholiccarewswbm.org.au 02 8843 2500	https://catholiccarewswbm.org.au/event/keeping-kids-in-mind-2025/
My Kids and Me	Parents with children in out-of-home care & kinship care	Tuesdays 10:30am–1pm 21 Oct – 2 Dec	Online via zoom	\$10 for workbook	No	CatholicCare Sydney	13 18 19 Parents will be required to do an intake before being booked into a group	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Parent Drum: Finding Your Beat	Parents of children of all ages	Tuesdays 6pm - 7pm 4 Nov- 25 Nov	St. Marys	Free	No	Gateway Family Services for the Penrith and Blue Mountains community	https://www.gatewayfamilyservices.org.au/events 0490 662 498	https://www.gatewayfamilyservices.org.au/events
Parenting After Separation	Separated parents	Anytime	Online self-paced	\$165 or \$125 concession	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/co-parenting-program

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Parenting Kids With ADHD	Parents/carers of children/teen with ADHD	Mondays 6-8pm 13 – 27 Oct	Online	\$70 (\$50 concession)	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/parenting-children-with-adhd/
Parenting Toddlers & Pre-schoolers	Separated parents	Anytime	Online self-paced	\$165	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/parenting-programs
Steps to Safer Parenting	Parents/carers	Mondays 10am-2pm 27 Oct - 01 Dec	Blacktown	Free	Yes	Macquarie Community College	02 9621 3922	https://junaya.org.au/parenting-programs/
Supporting Children Through Trauma	Parents/carers of children who have experienced trauma	Thursdays 11am-1pm 16 – 30 Oct	Online	Free	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/supporting-children-through-trauma/
Tuning in to Kids	Parents/carers of pre-school & primary-aged children	Mondays 10:30am-12:30pm 20 Oct – 24 Nov	Online via zoom	\$125 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Tuning in to Teens	Parents and Carers	Mondays 6–8 pm 27 Oct – 1 Dec	Quakers Hill	Free	No	Blacktown Area Community Centres	info@bacc.org.au 9626 5312	
Tuning in to Teens	Parents of 9-18yo	Wednesdays 10am – 12:30pm 22 Oct – 26 Nov	Blacktown	Free	No	Child & Parenting Service, Relationships Australia	caps@ransw.org.au 0423 658 798	
Tuning in to Teens	Parents/carers of tweens and teens	Wednesdays 6:30pm-8:30pm 22 Oct – 26 Nov	Online via zoom	\$125 or Free for concession card holders, \$5 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Tuning in to Teens	Parents/carers of 9-18yo	Thursdays 10am – 12:30pm 30 Oct – 4 Dec	Blacktown	Free	Yes	Junaya Aboriginal Corporation	02 9621 3922	https://junaya.org.au/parenting-programs/
What's Behind the Behaviour? (Webinar)	Parents/carers	Tues 4 Nov 11am – 1pm	Online	Free	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/webinar-whats-behind-the-behaviour/

Other programs (not specifically parenting), Term 4, 2025:

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
Accelerated Recovery	Adults	Anytime	Online Self Paced	\$199	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/let-go-flow-2
Anger Management Coaching	Adults	Thursdays 6 Nov – 4 Dec 6–8pm	Online	\$120 (\$70 concession)	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/anger-management-coaching/
Anger Management	Adults	Anytime	Online Self Paced	\$199	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/anger-management
Beyond Abuse	Women who have experienced domestic violence	Tuesdays 10am – 12noon 21 Oct – 2 Dec	Parramatta	Free		Anglicare	1300 651 728 counselling@anglicare.org.au	
Empowered for Parenting and Property Mediation online course	Separated parents	Anytime	Online self-paced	\$299	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-property-mediation-course
Empowered for Parenting Mediation online course	Separated parents	Anytime	Online self-paced	\$199	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-mediation-course
Empowered for Property Mediation online course	Separated parents	Anytime	Online self-paced	\$199	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://thedivorcecentre.thinkific.com/courses/empowered-for-property-mediation
Empowering Teens impacted by Divorce	Teenagers	Anytime	Online self-paced	\$165	N/A	Divorce Centre Australia	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/empower-teens-impacted-by-divorce-p
Self-care in Tough Times (Webinar)	Adults	Mon 17 Nov 11am – 1pm	Online	Free	-	Centacare South West NSW	1300 619 379	https://centacareswsw.org.au/courses-seminars/self-care-in-tough-times-seminar/