

Parenting Programs in Sydney – Term 2, 2026 (Last updated Tuesday, 21 April 2026 12:19 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 2-12 yrs | Mondays 10am-11:30am 27 April – 5 May | Berala | Free | No | Western Sydney Community Centre | 02 96492063 Admin@wscci.org.au | |
| 1-2-3 Magic and Emotion Coaching | Parents/carers of 0-12 yrs | Wednesdays 10 am -12 pm 22 April – 6 May | Blacktown | Free | No | Odyssey House NSW | 1800 397 739 | https://odysseyhouse.com.au/ |
| 1-2-3 Magic and Emotion Coaching | Parents/carers of pre-school & primary-aged children | Wednesdays 10:30am – 12:30pm 29 April – 13 May | 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 and Emotion Coaching | Parents/carers of pre-school & primary-aged children | Wednesdays 10:30am – 12:30pm 10 – 24 June | 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 and Emotion Coaching | Parents/carers of children 2-12yo | Thursdays 10am-12:30pm 6-20 August | Wetherill Park | Free | No | The Parks Community Network | Info@parkscommunity.org.au 02 9609 7400 | Expression of Interest: https://forms.office.com/pages/responses.aspx?id=EvrRx-MIYE6ArZbbH6z0XQNUYx_HWRFLrzBR5xoAG0BUMkhCUDhJUDVDSVhQMIFYUkszMIA3NiIGUS4u&route=shorturl |
| Anxiety Coach | Parents/carers of children 5 years and older | Mondays 10:30am – 12:30pm 15 – 29 June | 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 |
| Baby Yoga | Parents and their child aged 6-18 months | Fridays 11.30am – 12.30pm 24 April - 22 May | Drummoyne | \$30 | N/A | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/baby-yoga-t226/ |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|--|--|--|-----------------|---|--------------------|----------------------------|--|---|
| Brain behind the Behaviour Course | Parents of children 0-5 years | Tuesdays 8 – 9.30pm 9 - 23 June | Online | \$45 | N/A | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/the-brain-behind-the-behaviour-online-t226/ |
| Bringing Up Great Kids | Parents/carers of children of all ages | Tuesdays 10:30am – 12:30pm 12 May – 9 June | 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 |
| Campbelltown Busy Bee's Speech & OT Playgroup | Parents 25 years and under and their children 18 months or older | Thursdays 1.30-2.30pm 7 May – 11 June | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Campbelltown Little Explorer's Speech & OT Playgroup | Parents 25 years and under and their children aged 0-18 months | Thursdays 12-1pm 7 May – 11 June | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Campbelltown My Toddler & Me | For parents of any age with 12-24 month old toddlers | Fridays 10-11.15am 1 May – 19 June | Campbelltown | Free | No | Karitane | krtne-villageconnect@health.nsw.gov.au | |
| Campbelltown Parenting After Trauma Training | Parents 25 & under with any aged child/ren | Mondays 25 May -2 June 9.30-11.30am | Campbelltown | Free | Yes | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Campbelltown Young Parent Playgroup | Parents 25 & under and their child/ren | Wednesdays 10-11.30am 22 April – 1 July | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Circle of Security Parenting | Parents of children 0-12yrs (Couples encouraged) | Sundays 1.30 – 4.30pm 17 - 31 May | Concord | \$70 | No | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/circle-of-security-parenting-t226/ |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|--|--|--|--------------------------------------|--|--------------------|----------------------------|---|---|
| Circle of Security Parenting | Parents/carers of children of all ages but focuses on infants and young children | Mondays 10:30am – 12:30pm 4 May – 1 June | 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/carers of children of all ages but focuses on infants and young children | Wednesdays 10:30am – 12:30pm 29 April – 27 May | 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 any age and their children 0-12 years | Wednesdays 10-12pm 29 April – 17 June | Fairfield | Free | Yes | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Circle of Security Parenting | Parents of children 0 - 12 years | Wednesdays 10-11.30am 13 May – 24 June | Penrith and Blue Mountains area only | Free | No | Gateway Family Services | www.gatewayfamilyservices.org.au 02 47206500 | https://www.gatewayfamilyservices.org.au/event/circle-of-security-parenting---term-2-2026 |
| Circle of Security Parenting | Parents/carers of children of all ages but focuses on infants and young children | Wednesdays 6:30 – 8:30pm 3 June – 1 July | 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 |
| Coffee & Chat Social Group | Parents of any age; children welcome too | Mondays 10-11.30am 4 May – 29 June | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| DADS: Getting to know your Baby Workshop | Fathers and their child aged 0-10 months | Sunday 29 March 1.30 – 4.30pm Concord Library | Concord | \$30 | N/A | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/dads-getting-to-know-your-baby-workshop-t126/ |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|---|---|--|--------------------------------------|---|--------------------|-----------------------------|---|---|
| Drop In Speech Consults (Maximum of 3x consults with our Speech Pathologist Steph | Any parent of any age with children 0-5 years | Mondays 20 April - 26 July | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Emotion Coaching | Parents/carers of children of all ages | Tuesdays 10:30am – 12:30pm 16 – 30 June | 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 |
| Emotion Coaching | Parents/carers of children of all ages | Wednesdays 6:30 – 8:30pm 6 - 20 May 2026 | 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 |
| Engaging Adolescents | Parents/Carers of children 10-17yo | Thursdays, 10am-12:30pm 30 April –14 May | Wetherill Park | Free | No | The Parks Community Network | Info@parkscommunity.org.au 02 9609 7400 | https://www.parkscommunity.org.au/news/62/26/Engaging-Adolescents-in-Term-2.htm |
| Fairfield Busy Bees Speech & OT Playgroup | Parents of any age and their child/ren 18 months or older | Tuesdays 10-11am 12 May – 16 June | Fairfield | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Fairfield Little Explorer's Speech & OT Playgroup | Parents of any age and their child/ren aged 0-18 months | Tuesdays 12-1pm 12 May – 16 June | Fairfield | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Fear-Less Triple P | Parents of 6 - 14 year olds | Tuesdays 7-8.30pm 26 May - 30 June | Penrith and Blue Mountains area only | Free | No | Gateway Family Services | www.gatewayfamilyservices.org.au 02 47206500 | https://www.gatewayfamilyservices.org.au/event/fear-less-triple-p---term-2-2026 |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|-------------------------|---|---|-----------------|---|--------------------|--|---|---|
| Group Triple P | Parents/carers of children 2-12yo | Will be held in Term 3, Wednesdays 10am-12pm Dates TBC | Wetherill Park | Free | No | The Parks Community Network | Info@parkscommunity.org.au 02 9609 7400 | Expression of Interest: https://forms.office.com/pages/responses.aspx?id=EvrRx-MIYE6ArZbbH6z0XQNUYx_HWRFLrzBR5xoAG0BUMkhCUDhJUDVDSVhQMIFYUkszMIA3NjIGUS4u&route=shorturl |
| Infant Massage | Parents with a baby aged 6wks-6mths Families residing in Blacktown or Hills LGAs | Tuesdays 10am-12pm 28 Apr – 2 June | Rouse Hill | Free | NA | Wesley Mission CAFS Child & Family Early Intervention Team | 02 8887 4911 teiwesternsydney@wesleymission.org.au | |
| Keeping Children Safe | All parents/carers | Will be held in Term 4 Wednesdays 10am-12:30pm Dates TBC | Wetherill Park | Free | No | The Parks Community Network | Info@parkscommunity.org.au 02 9609 7400 | Expression of Interest: https://forms.office.com/pages/responses.aspx?id=EvrRx-MIYE6ArZbbH6z0XQNUYx_HWRFLrzBR5xoAG0BUMkhCUDhJUDVDSVhQMIFYUkszMIA3NjIGUS4u&route=shorturl |
| Keeping Kids in Mind | Separated parents of children and young people | Tuesdays 10am-12:30pm 5 May – 2 June | Online | \$150 (or \$50 concession) | N/A | Catholic Care Western Sydney and the Blue Mountains | https://catholiccarewsbm.org.au/event/keeping-kids-in-mind-2026/ (02) 8843 2500 | enquiries@catholiccarewsbm.org.au https://catholiccarewsbm.org.au/event/keeping-kids-in-mind-2026/ |
| Keeping Kids in Mind | Parents experiencing conflict after separation | Tuesdays 10:30am – 1pm 28 April – 26 May | 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 6:30 – 9:00pm 27 May – 24 June | 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 |
| Language, Learning Play | Parents and their child aged 0-18 months | Fridays 11.30am – 12.30pm 5 June - 3 July 2026 | Drummoyne | \$30 | N/A | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/language-learning-and-play-t226/ |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|---|---|--|-----------------|--|--------------------|---|---|---|
| Liverpool Hospital Antenatal Group | For expectant parents 25 years and under birthing at Liverpool/ Campbelltown Hospital | Thursdays 12-1.30pm 30 April – 28 May | Liverpool | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Miller Young Parent Playgroup | Parents 25 & under and their child/ren 0-5 years | Wednesdays 10-11.30am 22 April – 1 July | Miller | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| Mini Mates Inclusive Playgroup | Parents of any age with children 0-5 years who have additional needs | Thursdays 9.30-11am 30 April – 2 July | Campbelltown | Free | No | Karitane Village Connect | krtne-villageconnect@health.nsw.gov.au | |
| My Kids and Me | Parents with children in out-of-home care & kinship care | Tuesdays 10:30am – 1:00pm 28 April – 9 June | 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 |
| Oran Park Little Sprouts Young Parent Playgroup | Parents 25 & under and their child/ren | Wednesdays 10-11.30am 22 April – 1 July | Oran Park | Free | No | Karitane Village Connect & The Junction Works | krtne-villageconnect@health.nsw.gov.au | |
| OurSPACE – specialist outreach trauma therapeutic support | Foster and kinship children, young people up to 16 years old and their carers | Varies – contact to enquire | All of NSW | Free | N/A | Australian Childhood Foundation | intakeourspace@childhood.org.au | https://dci.nsw.gov.au/documents/about-us/facsiar/research-seminars/past-seminars/2022/ACF648-OurSPACE-Flyer-v5.pdf |
| OzHarvest NEST Nutrition and Cooking skills program. | Parents with children birth - 8 years. | Monday s 10:30am - 1pm 4 May - 1 June | Teloepa | FREE (includes \$30 voucher, OzHarvest Cookbook, Lunch at OzHarvest Restaurant Refettorio) | No | Teloepa 'Schools as Community Centres' Project (SaCC) | 9898 3448 phillipa.martins@deakin.nsw.edu.au | |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|---------------------------------------|--|---|-------------------|--|--------------------|--|--|---|
| Parent Child Mother Goose Program | Parents with a child aged 15-24 months Families residing in Blacktown or Hills LGAs | Mondays 10-11am 4 May - 22 June | Quakers Hill | Free | NA | Wesley Mission CAFS Child & Family Early Intervention Team | 02 8887 4911 teiwesternsydney@wesleymission.org.au | |
| 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 |
| 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 |
| Stepping Stones Triple P | Parents with children 2-12 years | Wednesdays 10am-12pm 13th May – 24 June | South Windsor | Free | Yes | Peppercorn Children and Families (Community Culture) | 1300 646 444 / families@communityculture.org.au | |
| Tahmoor Young Parent Playgroup | Parents 25 & under with children 0-5 years | Tuesdays 10-11.30am 21 April – 23 July | Tahmoor | Free | No | Karitane Village Connect & Community Links | krtne-villageconnect@health.nsw.gov.au | |
| The Brain behind the Behaviour Course | Parents of children 0-5 years | Tuesdays 8 – 9.30pm 9 - 23 June | Online | \$45 | N/A | Drummoyne Community Centre | info@dcc.org.au 9719 8102 | https://dcc.org.au/whats-on/the-brain-behind-the-behaviour-online-t226/ |
| Triple P (Group) | Parents/carers of children 2-12yo | Will be held in Term 3, Wednesdays 10am-12pm Dates TBC | Wetherill Park | Free | No | The Parks Community Network | Info@parkscommunity.org.au 02 9609 7400 | Expression of Interest: https://forms.office.com/pages/responses.aspx?id=EvrRx-MIYE6ArZbbH6z0XQNUYx_HWRFLrzBR5xoAG0BUMkhCUDhJUDVDSVhQMIFYUkszMIA3NiIGUS4u&route=shorturl |
| Triple P Group - Stepping Stones | Parents with children 2-12 years | Wednesdays 10am-12pm 13th May – 24 June | South Windsor | Free | Yes | Peppercorn Children and Families (Community Culture) | 1300 646 444 / families@communityculture.org.au | |
| Tuning in to Kids | Parents/carers of pre-school & primary-aged children | Mondays 10:30am – 12:30pm 4 May – 1 June | 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 |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/ registration details | Links to flyer/info |
|--------------------|------------------------------------|--|-----------------|--|--------------------|--|--|---|
| Tuning in to Kids | Parents with children 0-12 years | Tuesdays 10am-12pm, 19 May - 23 June | South Windsor | Free | No | Peppercorn Children and Families (Community Culture) | 1300 646 444 / families@communityculture.org.au | |
| Tuning in to Teens | Parents/carers of tweens and teens | Wednesdays 6:30 – 8:30pm 27 May – 1 July | 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 tweens and teens | Thursdays 6-8pm 30 April - 4 June | Online | Free | N/A | Relationships Australia | 1300 364 277 communitybuilders@ransw.org.au | www.relationshipnsw.org.au/communitybuilders |

Other programs (not specifically parenting), Term 2, 2026:

| 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 | \$165 | N/A | Divorce Centre Australia | Cheryl Duffy 0411484099 | https://www.thedivorcecentre.com.au/let-go-flow-2 |
| Anger Management | Adults | Anytime | Online self-paced | \$165 | N/A | Divorce Centre Australia | Cheryl Duffy 0411484099 | https://www.thedivorcecentre.com.au/anger-management |
| Empowered for Parenting and Property Mediation online course | Separated parents | Anytime | Online self-paced | \$225 | 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 | \$165 | 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 | \$165 | 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 |
| FOCUS | Support for parents and adult family members impacted by a loved one's alcohol, drug, or gambling dependency | Mondays 10am – 12pm 13 July – 28 Sept | Lewisham | Sliding Scale \$50 per session, \$550 up front for a discount. Fee is negotiable. | No | CatholicCare | 13 18 19 | https://www.catholiccare.org/family-youth-children/counselling/family-recovery |
| Kaleidoscope | Children aged 8 – 12 years-olds who've been affected by their parents or another family member's alcohol, drug, or gambling behaviour | Tuesdays 3:30 – 4:45pm 12 May – 30 June | Lewisham | Sliding Scale \$50 per session, \$550 up front for a discount. Fee is negotiable. | No | CatholicCare | 13 18 19 | https://www.catholiccare.org/family-youth-children/counselling/family-recovery |

| Program name | Target | Day/Time/Dates | Suburb | Cost | Childcare provided | Run by | Contact/registration details | Links to flyer/info |
|--------------|--|--|-----------|---|--------------------|--------------|--|---|
| Owl Kids | Children aged 7 – 12 year-olds whose parents have separated or are separating. | Tuesday – Thursday 7, 8 & 9 July | Bankstown | Cost per family: \$70 or \$20 for concession | No | CatholicCare | 13 18 19 This is a 3-day kids group that runs during the term holidays. Enrolment requires pre-group child intake sessions. Please register your interest as early as possible. | https://www.catholiccare.org/family-youth-children/family-conflict-separation/owl-kids/ |
| PAUSE | Support for parents of adolescents or adult children impacted by alcohol, drug, or gambling dependency | Tuesdays 4:30pm – 6:30pm 22 Sept – 8 Dec | Online | Sliding Scale \$50 per session, \$550 up front for a discount. Fee is negotiable. | No | CatholicCare | 13 18 19 | https://www.catholiccare.org/family-youth-children/counselling/family-recovery |