

Parenting Programs in Sydney – Term 3, 2026 (Last updated Tuesday, 21 July 2026 10:08 AM)

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Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
1-2-3 Magic	Parents of 0-10yo	Mondays 10am-12pm 31 Aug – 14 Sept	South Windsor	Free	No	Peppercorn Children & Families	families@communityculture.org.au 1300 646 444	
1-2-3 Magic and Emotion Coaching	Parents/carers of pre-school & primary-aged children	Mondays 10:30am – 12:30pm 24 Aug – 7 Sept	Online via zoom	\$90 or Free for concession card holders, \$15 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 6:30 – 8:30pm 5 – 19 August	Online via zoom	\$90 or Free for concession card holders, \$15 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	Mondays 10:30am – 12:30pm 31 Aug – 14 Sept	Online via zoom	\$90 or Free for concession card holders, \$15 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Assertiveness Skills Workshop	Separated Parents	Wed 15 July, 2-3pm OR Fri 14 Aug, 3-4pm OR Thurs 10 Sept, 10-11am	Online via Zoom	Free	N/A	Anglicare's FRC	Cornelia: 9835 8090 or FRCparramatta@anglicare.org.au	
Being A Parent Training	Parents of children 2-12yo	Tuesdays 12.45-2.45pm 28 July – 22 Sept	Bossley Park	Free	Yes	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	

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Beyond Abuse	Women who have experienced domestic violence	Tuesdays 10am-12pm 11 August – 15 Sept	Parramatta	Free		Anglicare	1300 651 728 counselling@anglicare.org.au	
Bringing Up Great Kids	Parents/carers of children of all ages	Mondays 10:30am – 12:30pm 27 July – 24 August	Online via zoom	\$135 or Free for concession card holders, but \$10 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Bringing Up Great Kids	Parents of children 0-12yo years	Mondays 7-8pm 10 Aug – 7 Sept	Online (MS Teams)	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Bringing Up Great Kids	Parents/Carers	Tuesdays 10am-12pm 11 Aug - 15 Sep	Windsor	Free	On request	Strong Nation Community Services	https://www.facebook.com/strongnationscommunityservices/ 0434 312 196	https://www.facebook.com/share/p/1XHeigy3aA/
Bringing Up Great Kids	First Nations Parents of children aged 0-12yo or Parents of First Nations children aged 0-12yo	Wednesdays 10am – 2pm (lunch provided) 29 July - 19 Aug	Blacktown	Free	Please inquire	Junaya Aboriginal Corporation	https://junaya.org.au/courses/ 02 9621 3922	
Bringing Up Great Kids	First Nations Parents of children aged 0-12yo or Parents of First Nations children aged 0-12yo	Wednesdays 10am – 2pm (lunch provided) 26 Aug - 16 Sept	Blacktown	Free	Please inquire	Junaya Aboriginal Corporation	https://junaya.org.au/courses/ 02 9621 3922	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Bringing Up Great Kids	Parents of 0-5yo (must have a past or current substance use issue)	Wednesdays 16 Sept – 14 Oct	Blacktown	Free	No	Odyssey House NSW	https://odysseyhouse.com.au/ Call 1800 397 739 option 2 for community programs	
Campbelltown Young Parent Playgroup	Parents 25yo & under, & their children 0-5yo	Wednesdays 10-11.30AM 22 July – 23 Sept	Campbelltown	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Cantonese-speaking program: Circle of Security Parenting	Cantonese-speaking parents of 0-5yo	Wednesdays 10am-12pm 29 July – 16 Sept	Auburn	Free	Yes	WSLHD Child and Family Health	Louise 8759 4000 Iris 9843 3222 Louise.Hui@health.nsw.gov.au	
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children.	Tuesdays 10:30am – 12:30pm 28 July – 25 August	Online via zoom	\$135 or Free for concession card holders, but \$10 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 (must have a past or current substance use issue)	Wednesdays 15 July – 19 Aug	Blacktown	Free	No	Odyssey House NSW	https://odysseyhouse.com.au/ Call 1800 397 739 option 2 for community programs	

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Circle of Security Parenting	Parents/carers living in Campbelltown LGA	Wednesdays 9:45-11:45am 29 July – 16 Sept	Campbelltown	Free	Yes	Uniting and Benevolent Society	0447 181 672 https://forms.office.com/Pages/ResponsePage.aspx?id=t_6EiLIEo0mV5QkASNCbBHGxJPxJG3IJg4cKA7wSlnNURUNWNRPWUJJPQjVUUUE9DSlIQNDdZSIAYMC4u	
Circle of Security Parenting	Parents of 0-5yo	Wednesdays 10am-12pm 29 July – 16 Sept	Pendle Hill	Free	Yes	SAGE Community Services and WSLHD Child and Family Health	www.tinyurl.com/2026term3 Wendy 9636 8437 Ashleigh 8670 3300	https://sagecommunity.org.au/parenting-programs/ https://sagecommunity.org.au/wp-content/uploads/2026/06/CFH-Flyer-2026-T3-SAGE-Pendle-Hill-Final.pdf
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children.	Wednesdays 10:30am – 12:30pm 26 August – 23 Sept	Online via zoom	\$135 or Free for concession card holders, but \$10 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 6:30pm – 8:30pm 26 August – 23 Sept	Online via zoom	\$135 or Free for concession card holders, but \$10 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/parenting/parenting-child-development
Circle of Security	Parents of children 0-5yo	Thursdays 9:30am – 11:30am 13 August – 24 Sept	Smithfield	Free	No	Woodville Alliance	Smithfield Public School (02) 9604 5475	
Circle of Security Parenting IN CANTONESE	Cantonese-speaking parents of 0-5yo	Wednesdays 10am-12pm 29 July – 16 Sept	Auburn	Free	Yes	WSLHD Child and Family Health	Louise 8759 4000 Iris 9843 3222 Louise.Hui@health.nsw.gov.au	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
Coffee & Chat Social Group	Any age parent and their children 0-5yo	Mondays 10-11am 20 July – 21 Sept	Campbelltown	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Counselling With Catholic Care @ Village Connect	Parents of any age	Fortnightly Tuesdays 10am, 11.15am & 12.45pm	Campbelltown	Free	Yes	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Defuse 4 Dads	Fathers who have experienced difficulties with their regulation in the home, have conflicted parenting patterns with the other parent and/or have difficulty managing their children's behaviours	Wednesdays 6 – 8:15pm 19 August – 23 Sept	Fairfield	Course fees are \$25 per session and free for concession card holders. Course Material is an additional charge of \$10. All participants need to purchase a booklet.	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
Emotion Coaching	Parents/carers of children of all ages	Mondays 10:30am – 12:30pm 27 July – 10 August	Online via zoom	\$85 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
Emotion Coaching	Parents/carers of children of all ages	Tuesdays 10:30am – 12:30pm 8 – 22 September	Online via zoom	\$85 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
Indigenous Triple P	First Nations Parents of	Tuesdays	Blacktown	Free	Please inquire	Junaya Aboriginal Corporation	https://junaya.org.au/courses/	

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	children aged 0-12 yo Or Parents of First Nations children aged 0-12 yo	10am – 2pm (lunch provided) 28 July - 25 Aug					02 9621 3922	
Indigenous Triple P	First Nations Parents of children aged 0-12 yo Or Parents of First Nations children aged 0-12 yo	Thursday 27 Aug + Tuesdays until 22 Sept 10am – 2pm (lunch provided)	Blacktown	Free	Please inquire	Junaya Aboriginal Corporation	https://junaya.org.au/courses/ 02 9621 3922	
Keeping Kids in Mind	To assist parents in supporting children following family separation	Tuesdays Evening 4 Aug - 1 Sept	Online	\$150 (\$50 concession)	N/A	Catholic Care Western Sydney and the Blue Mountains	enquiries@catholicarewsbm.org.au (02) 8843 2500	
Keeping Kids in Mind	Parents experiencing conflict after separation	Wednesdays 10:30am – 1pm 29 July – 26 August	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 6:30pm – 9pm 22 July – 19 August	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
Liverpool Hospital Antenatal Group	For expectant parents 25yo & under, birthing at Liverpool/Campbelltown Hospital	Thursdays 12.00-1.30pm 23 July – 20 Aug	Liverpool	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
Messy Play Young Parents Group	Parents 25yo & under, & their children 0-5yo	Mondays 10-11.30am 27 July – 21 Sept	Oran Park	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Miller Playgroup	Any age parent and their children 0-5yo	Wednesdays 10-11.30am 22 July – 23 Sept	New location TBA	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Mini Mates Inclusive Playgroup	Any age parent and their children 0-5yo	Thursdays 9.30-11am 23 July – 24 Sept	Campbelltown	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
My Kids and Me	Parents with children in out-of-home care & kinship care	Tuesdays 10:30am – 1pm 21 July – 1 Sept	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
Parenting After Separation	Separated Parents	Anytime	Online self-paced	\$165 or \$125 concession	N/A	The Divorce Centre	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/co-parenting-program
Parenting After Trauma Training	Open to parents of any age with children	Wednesdays 12.30-2.30pm 26 Aug – 23 Sept	Campbelltown	Free	Yes	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Parenting Toddlers & Pre-schoolers	Separated Parents	Anytime	Online self-paced	\$165	N/A	The Divorce Centre	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/parenting-programs
Parenting with Purpose	Parents of 5yrs+ from Blacktown LGA	Thursdays 10am- 11:30am 30 July - 3 Sept	Mt Druitt	Free	No	Anglicare	1300 651 728 or Email: counselling@anglicare.org.au	
Peaceful Parents	Parents (all ages)	Mondays 1:30pm – 3:30pm	Villawood	Free	No	Woodville Alliance	Carramar Public School	

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		10 Aug – 21 Sept					(02) 9724 1850	
Resourceful Adolescents Program - Parent	First Nations Parents of adolescents aged 10-15 yo Or Parents of First Nations adolescent aged 10-15 yo	Mondays 9:30am – 2pm (lunch provided) 27 July & 3 Aug OR 17 & 24 Aug OR 7 & 14 Sept	Blacktown	Free	Please inquire	Junaya Aboriginal Corporation	https://junaya.org.au/courses/ 02 9621 3922	
Seasons For Growth Parent Training	Parents of any age	Thursdays 10-11.15am 27 Aug – 24 Sept	Narellan	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Sing & Grow	Parents/carers and their children 0-5yo (must live in Campbelltown LGA)	Thursdays 10-11:30am 23 July – 17 Sept	Campbelltown	Free	N/A – children participate	Uniting and Benevolent Society	0447 181 672 https://forms.office.com/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3Ijg4cKA7wSlnNURUNWNDRPWUJJPQjVUUE9DSlIQNDdZSIAYMC4u	
Speech & OT Playgroup	Children 0-18months & their parents	Mondays 9.30-10.30am 10 August – 14 Sept	Carramar	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Speech & OT Playgroup	Children 18 Months–5yo & their parents	Mondays 11am-12pm 10 August – 14 Sept	Carramar	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Stepping Stones Triple P	Parents of 2-12yo who have	Tuesdays 10am-12pm	South Windsor	Free	No	Peppercorn Children & Families	families@communityculture.org.au	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
	disabilities/special needs	11 Aug – 22 Sept					1300 646 444	
Tahmoor Young Parent Playgroup	Parents 25yo & under, & their children 0-5yo	Tuesdays 10-11.30am 21 July – 22 Sept	Tahmoor	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Teddy Bears Tea Party	Parents 25yo & under, with children aged 3 years - school aged	Thursdays 1.30-2.30pm 6 Aug – 10 Sept	Campbelltown	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Triple P – Stepping Stones	Parents of 2-12yo who have disabilities/special needs	Tuesdays 10am-12pm 11 Aug – 22 Sept	South Windsor	Free	No	Peppercorn Children & Families	families@communityculture.org.au 1300 646 444	
Tuning in to Kids	Parents/carers of pre-school & primary-aged children	Mondays 10:30am – 12:30pm 17 August – 21 Sept	Online via zoom	\$160 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
Tuning in to Kids	Parents of primary school aged children in the Northern Sydney Public Health Network	Wednesdays 6-8pm 5 Aug – 16 Sept (26 Aug is a week off)	Online, via Zoom	Free	No	Community Builders Team, Relationships Australia	https://forms.cloud.microsoft/r/BBRfEALPB5	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Tuning in to Teens	Parents/carers who live in Campbelltown LGA and have children aged 10years and over	Tuesdays 9:45-11:45am 28 July – 1 Sept	Campbelltown	Free	Yes	Uniting and Benevolent Society	0447 181 672 https://forms.office.com/Pages/ResponsePage.aspx?id=t_6EiLIEo0mV5QkASNCbBHGxJPxJG3Ijg4cKA7wSlnNURUNWND RPWUJJPQjVUUUE9DSlIQNDdZSIAYMC4u	
Tuning in to Teens	Parents of high school aged children in the Northern Sydney Public Health Network	Tuesdays 6-8pm 28 July – 1 Sept	Online, via Zoom	Free	No	Community Builders Team, Relationships Australia	https://forms.cloud.microsoft/r/mYxazM53j5	
Tuning in to Teens	Parents of high school aged children in the Northern Sydney Public Health Network	Wednesdays 6-8pm 12 Aug – 16 Sept	Dee Why PCYC	Free	No	Community Builders Team, Relationships Australia	https://forms.cloud.microsoft/r/1VwD3N0xx7	
Tuning in to Teens	Parents/carers of tweens and teens	Wednesdays 6:30 – 8:30pm 5 August – 9 Sept	Online via zoom	\$160 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
Tuning in to Teens	Parents of 9-18yo	Wednesdays 10am-12:30pm 11 Nov – 16 Dec	Blacktown	Free	No	Relationships Australia	Nikki Child & Parenting Service, Relationships Australia 0423 658 798	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Wiggle & Wonder (Speech & OT)	Parents 25yo & under, with children aged 0-1yo	Thursdays 12-1pm 6 Aug – 10 Sept	Campbelltown	Free	No	Karitane Village Connect	KRTNE-VillageConnect@health.nsw.gov.au 0409 974 577	
Young Parents Group	Parents up to 25 years old	Tuesdays 10am-12pm 28 April – 23 June	Pendle Hill	Free	Yes	SAGE Community Services	02 9636 8437	https://sagecommunity.org.au/young-parents-group/

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	The Divorce Centre	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/let-go-flow-2
Anger Management	Adults	Anytime	Online self-paced	\$165	N/A	The Divorce Centre	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/anger-management
Beyond Abuse	Women who have experienced domestic violence	Tuesdays 10am-12pm 11 August – 15 Sept	Parramatta	Free		Anglicare	1300 651 728 counselling@anglicare.org.au	
Empowered for Parenting and Property Mediation online course	Separated parents	Anytime	Online self-paced	\$225	N/A	The Divorce Centre	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	The Divorce Centre	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	The Divorce Centre	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	The Divorce Centre	Cheryl Duffy 0411484099	https://www.thedivorcecentre.com.au/empower-teens-impacted-by-divorce-p

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
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 Sydney	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 4 August – 22 Sept	Lewisham	Sliding Scale \$50 per session, \$550 up front for a discount. Fee is negotiable.	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/counselling/family-recovery
Owl Kids	Children aged 7 – 12 year-olds whose parents have separated or are separating.	Tuesday – Thursday 7, 8 & 9 July 2026 This is a 3-day kids group that runs during the term holidays.	Bankstown	Cost per family: \$70 or \$20 for concession	No	CatholicCare Sydney	13 18 19 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/
Owl Kids	Children aged 7 – 12 year-olds whose parents have separated or are separating.	Tuesday – Thursday 29, 30 Sept & 1 Oct This is a 3-day kids group that runs during the term holidays.	Lewisham	Cost per family: \$70 or \$20 for concession	No	CatholicCare Sydney	13 18 19 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/

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/registration details	Links to flyer/info
PAUSE	Support for parents of adolescents or adult children impacted by alcohol, drug, or gambling dependency	Tuesdays 4:30 – 6:30pm 22 Sept – 8 Dec	Online	Sliding Scale \$50 per session, \$550 up front for a discount. Fee is negotiable.	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/family-youth-children/counselling/family-recovery
Taming My Temper	Women	Thursdays 10am-1pm 10 -24 Sept	Harris Park	Free		Cumberland Womens Health Centre	02 9689 3044 https://events.humanitix.com/taming-my-temper	https://events.humanitix.com/taming-my-temper