

Parenting Programs in Sydney – Term 4, 2026 (Last updated Thursday, 1 October 2026 5:28 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	Parents of 0-10yo	Wednesdays 10am-12pm 4 – 25 Nov	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 19 Oct – 2 Nov	Online via zoom	\$90 or Free for concession card holders, \$15 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
1-2-3 Magic and Emotion Coaching	Parents/carers of 2-12yo children	Thursdays 10am - 12pm 22 Oct – 12 Nov	Tahmoor	Free	No	Community Links Wellbeing-Tahmoor	https://www.communitylinks.org.au/parent-education-registrations/Parenting_education@communitylinks.org Parenting_education@communitylinks.org 02 46832 766	https://www.communitylinks.org.au/parenting-education-courses/
ADHD: Parenting for parents with Children with ADHD	Parents of 3-10yo	Fridays 10am-12pm 6 & 13 Nov	Auburn	Free	No	Western Sydney Community Centre	02 9649 2063	
Anxiety Coach	Parents/carers of 4-12yo children	Mondays 10am-12:30pm 2 – 23 Nov	Bowral	Free	No	Community Links Wellbeing-Tahmoor	https://www.communitylinks.org.au/parent-education-registrations/Parenting_education@communitylinks.org	

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							Parenting_education@communitylinks.org 02 46832 766	
Anxiety Coach	Parents/carers of children 5 years and older	Wednesdays 10:30am – 12:30pm 28 Oct – 11 Nov	Online via zoom	\$90 or Free for concession card holders, \$15 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Baby Yoga	Parent with child 4 -18 months	Fridays 11.30 – 1pm 16 Oct – 6 Nov	Drummoyne	\$40 Subsidy for families experiencing financial hardship	N/A	Drummoyne Community Centre	info@dcc.org.au 9719 8102	https://dcc.org.au/whats-on/baby-yoga-4/
Bringing Up Great Kids	Parents/carers of children of all ages	Mondays 10:30am – 12:30pm 19 Oct – 16 Nov	Online via zoom	\$135 or Free for concession card holders, but \$10 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Bringing Up Great Kids	Parents/carers of children 0-12 in the Campbelltown LGA	Tuesdays 9:45-11:45am 20 Oct – 24 Nov	Campbelltown	Free	Yes	Uniting and Benevolent Society	cpsenquiries@uniting.org 0447 181 672	https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3Ilg4cKA7wSlnNURUNWNDRPWUJJPQiVUUE9DSIIQNDdZSIAYmC4u
Bringing Up Great Kids – Parenting After Violence	Mothers with children (aged 2-13) who have lived experience of family violence	Tuesdays 11am – 1:30pm 13 Oct – 24 Nov	Blacktown	Free	Yes	Human and Co	0477 900 347 karlyo@humanandco.org.au	
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children.	Mondays 10:30am – 12:30pm 19 Oct – 16 Nov	Online via zoom	\$135 or Free for concession card holders, but \$10 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Circle of Security Parenting	Parents of children 0-12 yrs	Mondays 7.30pm – 9.30pm	Drummoyne	\$80	No	Drummoyne Community Centre	info@dcc.org.au 9719 8102	https://dcc.org.au/whats-on/circle-of-security-parenting-4/

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		2 Nov – 30 Nov		Subsidy for families experiencing financial hardship				
Circle of Security Parenting	Parents of 0-5yo	Tuesdays 9.30am-11.30am 20 Oct – 8 Dec	Bowral	Free	On request	Community Links Wellbeing-Bowral	mhintake@communitylinks.org.au 02 46832776	
Circle of Security Parenting	Parents/carers of children of all ages but focuses on infants and young children.	Wednesdays 6:30 – 8:30pm 21 Oct – 18 Nov	Online via zoom	\$135 or Free for concession card holders, but \$10 for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
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	Mondays 6pm – 8:15pm 2 Nov – 7 Dec	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/domestic-family-sexual-violence/men-and-family-relationships
Emotion Coaching	Parents/carers of children of all ages	Mondays 10:30am – 12:30pm 9 – 23 November	Online via zoom	\$85 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Free Parent & Carer Coffee Morning	Parents of neurodivergent children and/or children with disability	The last Friday of every month 9am-10.30am - drop in	Randwick	Free	No	Spot Therapy Hub	(02) 9326 6000 https://spot-therapy-hub.splose.com/pu	https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&stkn=MzRIODBiNWFIZA==

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							blic-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266	
Keeping Kids in Mind	Separated parents experiencing conflict	Tuesdays 10am – 12:30pm 27 Oct – 27 Nov	Online	\$150 (\$50 for concession)	No	Catholic Care Western Sydney and Blue Mountains	02 8843 2500 counsellingintake@catholiccarewbsbm.org.au	https://catholiccarewbsbm.org.au/event/keeping-kids-in-mind-2026/
Keeping Kids in Mind	Parents experiencing conflict after separation	Tuesdays 10:30am – 1pm 3 Nov – 1 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/parenting-child-family-services/parenting-child-development
Keeping Kids in Mind	Parents experiencing conflict after separation	Wednesdays 6:30 – 9pm 21 Oct – 18 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/parenting-child-family-services/parenting-child-development
Language, Learning, Play	Parent with child 0-18 months	Fridays 11.30 – 1pm 13 Nov – 4 Dec	Drummoyne	\$40 Subsidy for families experiencing financial hardship	N/A	Drummoyne Community Centre	info@dcc.org.au 9719 8102	https://dcc.org.au/whats-on/language-learning-and-play-4/
Managing Stress	ATSI adults	Thursdays 10am – 12:30pm 29 Oct – 19 Nov	Blacktown	Free	NO	Relationships Australia	caps@ransw.org.au or call Nikki 0423 658 798	
Mother Goose Supported Playgroup	Parents/Carers with children under 5 years	Mondays 10am-11:30am 26 Oct 7 Dec	Quakers Hill	Free	N/A	Wesley Mission Early Intervention – Child and Family Services	eichildandfamilyservices@wesleymission.org.au 02 8887 4911	Facebook page: Wesley Hills
My Kids and Me	Parents with children in out-of-home care & kinship care	Tuesdays 10:30am – 1pm 20 Oct – 1 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/parenting-child-family-services/parenting-child-development

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
Parent & Carer Coffee Morning	Parents of neurodivergent kids and/or kids with disability	The last Friday of every month 9am-10.30am - drop in	Randwick	Free	No	Spot Therapy Hub	(02) 9326 6000 https://spot-therapy-hub.splose.com/public-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266	https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&stkn=MzRIODBiNWFIZA==
Parenting After Separation	Separated Parents	Anytime	Online self-paced	\$165 or \$125 concession	N/A	The Divorce Centre	Cheryl Duffy 0411 484 099	https://www.thedivorcecentre.com.au/co-parenting-program
Parenting for parents with Children with ADHD	Parents of 3- 10	Fridays 10am-12pm 6 & 13 Nov	Auburn	Free	No	Western Sydney Community Centre	02 9649 2063	
Parenting Toddlers & Pre-schoolers	Separated Parents	Anytime	Online self-paced	\$165	N/A	The Divorce Centre	Cheryl Duffy 0411 484 099	https://www.thedivorcecentre.com.au/parenting-programs
Sing & Grow	Parents/carers and their children 0-5yo, living in Campbelltown LGA	Wednesdays 10-11:30am 21 Oct – 9 Dec	Campbelltown	Free	N/A	Uniting and the Benevolent Society	0447 181 672	https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3IJg4cKA7wSlnNURUNWNRDPWUJJPQIVUUE9DSIIQNDdZSIAyMC4u
Stepping Stones Triple P Group	Parents of children with a disability, 0-12 yo	Wednesdays 10am-12:30pm 14 Oct – 11 Nov	Pendle Hill	Free	Yes	SAGE Community Services	02 9636 8437 www.tinyurl.com/2026term4	https://sagecommunity.org.au/parenting-programs/ https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf
Strong Attachment, Safe Emotions Group	Parents of children aged 4 years, must have regular contact with their children, must be able to complete full 7 weeks	Tuesdays 10am-12.30pm 13 Oct-24 Nov	Eastlakes	Free	No	The Deli Women & Children's Centre	9667 4664 contactus@thedeli.org.au	https://thedeli.org.au/parenting-workshops/
Triple P	Parents/carers of children 0-12yo	Tuesdays 10am-12pm 20 Oct – 24 Nov	Teloopa	Free	Yes	Hope Connect	admin@hopeconnect.org.au	

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							9368 7955	
Triple P Stepping Stones Group	Parents of children with a disability, 0-12 yo	Wednesdays 10am-12:30pm 14 Oct – 11 Nov	Pendle Hill	Free	Yes	SAGE Community Services	02 9636 8437 www.tinyurl.com/2026term4	https://sagecommunity.org.au/parenting-programs/ https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf
Tuning in to Kids	Parents/carers of pre-school & primary-aged children	Mondays 10:30am – 12:30pm 2 Nov – 7 Dec	Online via zoom	\$160 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Tuning in to Kids	Parents of children 12 and under	Tuesdays 6 Oct – 17 Nov	Online	Free	No	Relationships Australia	caps@ransw.org.au or call Nikki 0423 658 798	
Tuning in to Kids	Parents/Carers of children aged 3-12 years	Tuesdays 10am – 12pm 20 Oct – 24 Nov	Erskine Park	Free	Please contact to enquire	Wesley Mission Early Intervention – Child and Family Services	eichildandfamilyservices@wesleymission.org.au 02 8887 4911	Facebook page: Wesley Hills
Tuning in to Kids	Parents and carers of primary school aged children	Tuesdays 6-8pm 27 Oct – 8 Dec (no session 10 Nov)	Online	Free	No	Community Builders, Relationships Australia	https://forms.cloud.microsoft/r/BBRfEALPB5	N/A
Tuning in to Kids	Parents and carers of primary school aged children	Wednesdays 6-8pm 28 Oct - 2 Dec	Online	Free	No	Community Builders, Relationships Australia	https://forms.cloud.microsoft/r/BBRfEALPB5	N/A
Tuning in to Teens	Parents and carers of high school aged children	Tuesdays 6-8pm 27 Oct - 8 Dec (no session 10 Nov)	Online	Free	No	Community Builders, Relationships Australia	https://forms.cloud.microsoft/r/mYxazM53j5	N/A
Tuning in to Teens	Parents/carers of 10 – 17 years	Tuesdays 6 – 8pm 27 Oct – 24 Nov	Online	Free	N/A	Botany Family & Children's Centre	rachael.a@bfcc.org.au	Contact via email to receive further information & flyer
Tuning in to Teens	Parents of 9-18yo	Wednesdays	Blacktown	Free	No	Relationships Australia	caps@ransw.org.au	

Program name	Target	Day/Time/Dates	Suburb	Cost	Childcare provided	Run by	Contact/ registration details	Links to flyer/info
		10am-12:30pm 4 Nov – 9 Dec					or call Nikki 0423 658 798	
Tuning in to Teens	Parents/carers of tweens and teens	Wednesdays 6:30 – 8:30pm 21 Oct – 25 Nov	Online via zoom	\$160 or Free for concession card holders, \$10 required for workbook	No	CatholicCare Sydney	13 18 19	https://www.catholiccare.org/parenting-child-family-services/parenting-child-development
Young Parents Group	Parents up to 25 years old	Tuesdays 10am-12pm During school term	Pendle Hill	Free	Yes	SAGE Community Services	02 9636 8437	https://sagecommunity.org.au/young-parents-group/

Other programs (not specifically parenting), Term 4, 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 0411 484 099	https://www.thedivorcecentre.com.au/let-go-flow-2
Anger Management	Adults	Anytime	Online self-paced	\$165	N/A	The Divorce Centre	Cheryl Duffy 0411 484 099	https://www.thedivorcecentre.com.au/anger-management
Beyond Abuse	Women who have experienced domestic violence	Thursdays 11am-1pm 29 Oct – 3 Dec	Pendle Hill	Free	Yes	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 0411 484 099	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 0411 484 099	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 0411 484 099	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 0411 484 099	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
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/addiction-counselling-services/family-recovery
Owl Kids	Children aged 7 – 12 year-olds whose parents have separated or are separating.	Tuesday – Thursday Mid – Late January 2027, Dates TBC 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/separation-services/owl-kids