

## Parenting Programs in Sydney – Term 4, 2026 (Last updated Thursday, 22 October 2026 5:38 PM)

This list is continuing to be updated after distribution. **Please send additional information or corrections to [wendy@sagecommunity.org.au](mailto: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<br>10am-12pm<br>4 – 25 Nov          | South Windsor   | Free                                                                 | No                 | Peppercorn Children & Families    | <a href="mailto:families@communityculture.org.au">families@communityculture.org.au</a><br><br>1300 646 444                                                                                                                                                                                                                                                  |                                                                                                                                                                                                 |
| 1-2-3 Magic and Emotion Coaching                    | Parents/carers of pre-school & primary-aged children | Mondays<br>10:30am – 12:30pm<br>19 Oct – 2 Nov | Online via zoom | \$90 or Free for concession card holders, \$15 required for workbook | No                 | CatholicCare Sydney               | 13 18 19                                                                                                                                                                                                                                                                                                                                                    | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a> |
| 1-2-3 Magic and Emotion Coaching                    | Parents/carers of 2-12yo children                    | Thursdays<br>10am - 12pm<br>22 Oct – 12 Nov    | Tahmoor         | Free                                                                 | No                 | Community Links Wellbeing-Tahmoor | <a href="https://www.communitylinks.org.au/parent-education-registrations/Parenting_education@communitylinks.org">https://www.communitylinks.org.au/parent-education-registrations/Parenting_education@communitylinks.org</a><br><br><a href="mailto:Parenting_education@communitylinks.org">Parenting_education@communitylinks.org</a><br><br>02 46832 766 | <a href="https://www.communitylinks.org.au/parenting-education-courses/">https://www.communitylinks.org.au/parenting-education-courses/</a>                                                     |
| 1-2-3 Magic Emotional coaching Parenting            |                                                      | Wednesdays<br>14 & 21 October                  | Blacktown       | free                                                                 | No                 | Odyssey House                     | 1800 397 739                                                                                                                                                                                                                                                                                                                                                | <a href="https://odysseyhouse.com.au/find-support/community-programs/parenting-programs/">https://odysseyhouse.com.au/find-support/community-programs/parenting-programs/</a>                   |
| ADHD: Parenting for parents with Children with ADHD | Parents of 3-10yo                                    | Fridays<br>10am-12pm<br>6 & 13 Nov             | Auburn          | Free                                                                 | No                 | Western Sydney Community Centre   | 02 9649 2063                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                 |
| Anxiety Coach                                       | Parents/carers of 4-12yo children                    | Mondays<br>10am-12:30pm<br>2 – 23 Nov          | Bowral          | Free                                                                 | No                 | Community Links Wellbeing-Tahmoor | <a href="https://www.communitylinks.org.au/parent-education-registrations/">https://www.communitylinks.org.au/parent-education-registrations/</a>                                                                                                                                                                                                           |                                                                                                                                                                                                 |

| Program name                                       | Target                                                    | Day/Time/Dates                                 | Suburb          | Cost                                                                 | Childcare provided | Run by                                  | Contact/ registration details                                                                                                                                                                                            | Links to flyer/info                                                                                                                                                                             |
|----------------------------------------------------|-----------------------------------------------------------|------------------------------------------------|-----------------|----------------------------------------------------------------------|--------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                    |                                                           |                                                |                 |                                                                      |                    |                                         | <a href="mailto:Parenting_education@communitylinks.org">Parenting_education@communitylinks.org</a><br><a href="mailto:Parenting_education@communitylinks.org">Parenting_education@communitylinks.org</a><br>02 46832 766 |                                                                                                                                                                                                 |
| Anxiety Coach                                      | Parents/carers of children 5 years and older              | Wednesdays 10:30am – 12:30pm<br>18 Nov – 2 Dec | Online via zoom | \$90 or Free for concession card holders, \$15 required for workbook | No                 | CatholicCare Sydney                     | 13 18 19                                                                                                                                                                                                                 | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a> |
| Anxiety - Supporting Children & Teens with Anxiety | Parents and carers                                        | Friday 30 October 9-11:30am                    | Coogee          | Free                                                                 |                    | Susanne North and Randwick City Council | <a href="https://events.humantix.com/copy-of-supporting-children-and-teens-with-anxiety-masterclass">https://events.humantix.com/copy-of-supporting-children-and-teens-with-anxiety-masterclass</a>                      |                                                                                                                                                                                                 |
| Baby Sensory                                       | For parents 25 years & under & their children 0-12 months | Mondays 10am-11am<br>16 Nov – 7 Dec            | Campbelltown    | Free                                                                 | No                 | Karitane Village Connect                | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br>0409 974 577                                                                                                       | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                    |
| Baby Yoga                                          | Parent with child 4 -18 months                            | Fridays 11.30 – 1pm<br>16 Oct – 6 Nov          | Drummoyne       | \$40 Subsidy for families experiencing financial hardship            | N/A                | Drummoyne Community Centre              | <a href="mailto:info@dcc.org.au">info@dcc.org.au</a><br>9719 8102                                                                                                                                                        | <a href="https://dcc.org.au/whats-on/baby-yoga-4/">https://dcc.org.au/whats-on/baby-yoga-4/</a>                                                                                                 |
| Bringing Up Great Kids                             | Parents/carers of children of all ages                    | Mondays 10:30am – 12:30pm<br>19 Oct – 16 Nov   | Online via zoom | \$135 or Free for concession card holders, but \$10 for workbook     | No                 | CatholicCare Sydney                     | 13 18 19                                                                                                                                                                                                                 | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a> |

| Program name                                      | Target                                                                            | Day/Time/Dates                                                | Suburb          | Cost                                                             | Childcare provided | Run by                           | Contact/ registration details                                                                                          | Links to flyer/info                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------|------------------------------------------------------------------|--------------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bringing Up Great Kids                            | Parents/carers of children 0-12 in the Campbelltown LGA                           | Tuesdays<br>9:45-11:45am<br>20 Oct – 24 Nov                   | Campbelltown    | Free                                                             | Yes                | Uniting and Benevolent Society   | <a href="mailto:cpsenquiries@uniting.org">cpsenquiries@uniting.org</a><br>0447 181 672                                 | <a href="https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3lJg4cKA7wSlNURUNWNDRPWUJJPQjVUUUE9DSIIQNDdZSIAyMC4u">https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3lJg4cKA7wSlNURUNWNDRPWUJJPQjVUUUE9DSIIQNDdZSIAyMC4u</a> |
| Bringing Up Great Kids                            | Aboriginal parents & carers, or parents & carers of Aboriginal children           | Tuesdays<br>10am -2pm<br>20 Oct – 10 Nov<br>Lunch is provided | Blacktown       | Free                                                             | Please inquire     | Junaya Aboriginal Corporation    | 02 9621 392<br><br>intake@junaya.org.au                                                                                | <a href="http://www.junaya.org.au">www.junaya.org.au</a>                                                                                                                                                                                                                                            |
| Bringing Up Great Kids – Parenting After Violence | Mothers with children (aged 2-13) who have lived experience of family violence    | Tuesdays<br>11am – 1:30pm<br>13 Oct – 24 Nov                  | Blacktown       | Free                                                             | Yes                | Human and Co                     | 0477 900 347<br><br><a href="mailto:karlyo@humanandco.org.au">karlyo@humanandco.org.au</a>                             |                                                                                                                                                                                                                                                                                                     |
| Campbelltown Young Parent Playgroup               | For parents 25 years & under & their children 0-5 years                           | Wednesdays<br>9.30am-11am<br>14 Oct – 9 Dec                   | Campbelltown    | Free                                                             | No                 | Karitane Village Connect         | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                                                                                                                        |
| Cartwright Playgroup                              | Open to parents of any age & their children 0-5 years                             | Thursdays<br>9.30-11am<br>15 Oct – 10 Dec                     | Cartwright      | Free                                                             | No                 | Karitane Village Connect         | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                                                                                                                        |
| Circle of Security Parenting                      | Parents/carers of children of all ages but focuses on infants and young children. | Mondays<br>10:30am – 12:30pm<br>19 Oct – 16 Nov               | Online via zoom | \$135 or Free for concession card holders, but \$10 for workbook | No                 | CatholicCare Sydney              | 13 18 19                                                                                                               | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>                                                                                                     |
| Circle of Security Parenting                      | Parents of children 0-12 yrs                                                      | Mondays<br>7.30pm – 9.30pm<br>2 Nov – 30 Nov                  | Drummoyne       | \$80 Subsidy for families experiencing financial hardship        | No                 | Drummoyne Community Centre       | <a href="mailto:info@dcc.org.au">info@dcc.org.au</a><br>9719 8102                                                      | <a href="https://dcc.org.au/whats-on/circle-of-security-parenting-4/">https://dcc.org.au/whats-on/circle-of-security-parenting-4/</a>                                                                                                                                                               |
| Circle of Security Parenting                      | Parents of 0-5yo                                                                  | Tuesdays<br>9.30am-11.30am<br>20 Oct – 8 Dec                  | Bowral          | Free                                                             | On request         | Community Links Wellbeing-Bowral | <a href="mailto:mhintake@communitylinks.org.au">mhintake@communitylinks.org.au</a><br>02 46832776                      |                                                                                                                                                                                                                                                                                                     |

| 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.                                                                                                                 | Wednesdays<br>6:30 – 8:30pm<br>21 Oct – 18 Nov                                            | Online via zoom | \$135 or Free for concession card holders, but \$10 for workbook                                                                                                     | No                 | CatholicCare Sydney                      | 13 18 19                                                                                                               | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>   |
| Circle of Security Parenting                               | Parents of 0-5yo                                                                                                                                                                                  | Wednesdays<br>11 Nov – 16 Dec                                                             | Blacktown       | Free                                                                                                                                                                 | No                 | Odyssey House NSW                        | 1800 397 739                                                                                                           | <a href="https://odysseyhouse.com.au/find-support/community-programs/parenting-programs/">https://odysseyhouse.com.au/find-support/community-programs/parenting-programs/</a>                     |
| Coffee & Chat Mum's Social Group                           | For mums of any age & their children 0-5 years                                                                                                                                                    | Mondays<br>10am-11am<br>12 Oct – 7 Dec                                                    | Campbelltown    | Free                                                                                                                                                                 | No                 | Karitane Village Connect                 | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                      |
| Counselling With Catholic Care At Karitane Village Connect | All age parents                                                                                                                                                                                   | Fortnightly Tuesdays<br>1 Hour Appointments<br>Time available :<br>10.15am, 11.30am & 1pm | Campbelltown    | Free                                                                                                                                                                 | Yes                | Karitane Village Connect & Catholic Care | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                      |
| Dad Pack                                                   | Open to dads of any age & their children 0-5 years                                                                                                                                                | Wednesdays<br>9.30-10.30am<br>14 Oct – 9 Dec                                              | Campbelltown    | Free                                                                                                                                                                 | No                 | Karitane Village Connect                 | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                      |
| 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<br>6pm – 8:15pm<br>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<br><br>Parents will be required to do an intake before being booked into a group                              | <a href="https://www.catholiccare.org/domestic-family-sexual-violence/men-and-family-relationships">https://www.catholiccare.org/domestic-family-sexual-violence/men-and-family-relationships</a> |

| 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                                  | Mondays<br>10:30am – 12:30pm<br>9 – 23 November         | Online via zoom | \$85 or Free for concession card holders, \$10 required for workbook | No                 | CatholicCare Sydney                             | 13 18 19                                                                                                                                                                                                      | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>             |
| Free Parent & Carer Coffee Morning | Parents of neurodivergent children and/or children with disability      | The last Friday of every month<br>9am-10.30am - drop in | Randwick        | Free                                                                 | No                 | Spot Therapy Hub                                | (02) 9326 6000<br><br><a href="https://spot-therapy-hub.splose.com/public-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266">https://spot-therapy-hub.splose.com/public-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266</a> | <a href="https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&amp;stkn=MzRIODBiNWFIZA==">https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&amp;stkn=MzRIODBiNWFIZA==</a> |
| Indigenous Triple P                | Aboriginal parents & carers, or parents & carers of Aboriginal children | Wednesdays<br>Oct 21 -18 Nov<br>Lunch is provided       | Blacktown       | Free                                                                 | Please inquire     | Junaya Aboriginal Corporation                   | 02 9621 392<br><br>intake@junaya.org.au                                                                                                                                                                       | <a href="http://www.iunaya.org.au">www.iunaya.org.au</a>                                                                                                                                                    |
| Keeping Kids in Mind               | Separated parents experiencing conflict                                 | Tuesdays<br>10am – 12:30pm<br>27 Oct – 27 Nov           | Online          | \$150 (\$50 for concession)                                          | No                 | Catholic Care Western Sydney and Blue Mountains | 02 8843 2500<br><br><a href="mailto:counsellingintake@catholiccarewsbm.org.au">counsellingintake@catholiccarewsbm.org.au</a>                                                                                  | <a href="https://catholiccarewsbm.org.au/event/keeping-kids-in-mind-2026/">https://catholiccarewsbm.org.au/event/keeping-kids-in-mind-2026/</a>                                                             |
| Keeping Kids in Mind               | Parents experiencing conflict after separation                          | Tuesdays<br>10:30am – 1pm<br>3 Nov – 1 Dec              | Online via zoom | \$150 or \$50 for concession card holders                            | No                 | CatholicCare Sydney                             | 13 18 19<br><br>Parents will be required to do an intake before being booked into a group                                                                                                                     | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>             |
| Keeping Kids in Mind               | Parents experiencing conflict after separation                          | Wednesdays<br>6:30 – 9pm<br>21 Oct – 18 Nov             | Online via zoom | \$150 or \$50 for concession card holders                            | No                 | CatholicCare Sydney                             | 13 18 19<br><br>Parents will be required to do an intake before being booked into a group                                                                                                                     | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>             |
| Language, Learning, Play           | Parent with child 0-18 months                                           | Fridays<br>11.30 – 1pm                                  | Drummoyne       | \$40                                                                 | N/A                | Drummoyne Community Centre                      | <a href="mailto:info@dcc.org.au">info@dcc.org.au</a><br>9719 8102                                                                                                                                             | <a href="https://dcc.org.au/whats-on/language-learning-and-play-4/">https://dcc.org.au/whats-on/language-learning-and-play-4/</a>                                                                           |

| Program name                             | Target                                                                                                                   | Day/Time/Dates                              | Suburb          | Cost                                                 | Childcare provided | Run by                                                        | Contact/registration details                                                                                                          | Links to flyer/info                                                                                                                                                                             |
|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------|------------------------------------------------------|--------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                          |                                                                                                                          | 13 Nov – 4 Dec                              |                 | Subsidy for families experiencing financial hardship |                    |                                                               |                                                                                                                                       |                                                                                                                                                                                                 |
| Liverpool Antenatal Group                | For expectant parents 25 years & under birthing at Liverpool / Campbelltown Hospital / Support Person / Partner Welcome! | Thursdays 12-1.15pm<br>15 Oct – 12 Nov      | Liverpool       | Free                                                 | No                 | Karitane Village Connect                                      | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577                | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                    |
| Managing Stress                          | ATSI adults, Aboriginal parents & carers, or parents & carers of Aboriginal children                                     | Thursdays 10am – 12:30pm<br>29 Oct – 19 Nov | Blacktown       | Free                                                 | NO                 | Relationships Australia & Junaya Aboriginal Corporation       | <a href="mailto:caps@rands.org.au">caps@rands.org.au</a><br>or call Nikki 0423 658 798<br><br>02 9621 392<br><br>intake@junaya.org.au | <a href="http://www.iunaya.org.au">www.iunaya.org.au</a>                                                                                                                                        |
| Mini Mates Inclusive Playgroup           | For parents of any age & their children 0-5 years                                                                        | Thursdays 9.30-11am<br>22 Oct – 10 Dec      | Campbelltown    | Free                                                 | No                 | Karitane Village Connect                                      | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577                | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                    |
| Mother Goose Supported Playgroup         | Parents/Carers with children under 5 years                                                                               | Mondays 10am-11:30am<br>26 Oct 7 Dec        | Quakers Hill    | Free                                                 | N/A                | Wesley Mission Early Intervention – Child and Family Services | <a href="mailto:eichildandfamilyservices@wesleymission.org.au">eichildandfamilyservices@wesleymission.org.au</a><br><br>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<br>20 Oct – 1 Dec    | Online via zoom | \$10 for workbook                                    | No                 | CatholicCare Sydney                                           | 13 18 19<br><br>Parents will be required to do an intake before being booked into a group                                             | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a> |
| Oran Park Messy Play Young Parents Group | For parents 25 years & under &                                                                                           | Mondays 10am-11.30am<br>12 Oct – 7 Dec      | Oran Park       | Free                                                 | No                 | Karitane Village Connect                                      | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a>                                    | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                    |

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|-------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------|---------------------------|--------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                 | their children 0-5 years                                                               |                                                           |                   |                           |                    |                                    | 0409 974 577                                                                                                                                                                                                  |                                                                                                                                                                                                                                 |
| Parent & Carer Coffee Morning                   | Parents of neurodivergent kids and/or kids with disability                             | The last Friday of every month<br>9am-10.30am - drop in   | Randwick          | Free                      | No                 | Spot Therapy Hub                   | (02) 9326 6000<br><br><a href="https://spot-therapy-hub.splose.com/public-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266">https://spot-therapy-hub.splose.com/public-form/8f94c790-b8bc-49ea-8b4a-9733dc44d266</a> | <a href="https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&amp;stkn=MzRIODBiNWFIZA==">https://www.instagram.com/p/DdfkdUwzqdG/?utm_source=ig_web_copy_link&amp;stkn=MzRIODBiNWFIZA==</a>                     |
| Parenting After Separation                      | Separated Parents                                                                      | Anytime                                                   | Online self-paced | \$165 or \$125 concession | N/A                | The Divorce Centre                 | Cheryl Duffy<br>0411 484 099                                                                                                                                                                                  | <a href="https://www.thedivorcecentre.com.au/co-parenting-program">https://www.thedivorcecentre.com.au/co-parenting-program</a>                                                                                                 |
| Parenting After Trauma Training                 | For parents 25 years & under                                                           | Mondays<br>12.30pm-2.30pm<br>26 Oct – 23 Nov              | Campbelltown      | Free                      | Yes                | Karitane Village Connect           | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577                                                                                        | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                                                    |
| Parenting for parents with Children with ADHD   | Parents of 3- 10                                                                       | Fridays<br>10am-12pm<br>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<br>0411 484 099                                                                                                                                                                                  | <a href="https://www.thedivorcecentre.com.au/parenting-programs">https://www.thedivorcecentre.com.au/parenting-programs</a>                                                                                                     |
| Resourceful Adolescents Program -Parent (RAP-P) | Aboriginal parents & carers, or parents & carers of Aboriginal adolescents aged 11 -15 | Mondays<br>9:30am-2pm<br>Oct 19 & 26<br>Lunch is provided | Blacktown         | Free                      | No                 | Junaya Aboriginal Corporation      | 02 9621 392<br><br>intake@junaya.org.au                                                                                                                                                                       | <a href="http://www.junaya.org.au">www.junaya.org.au</a>                                                                                                                                                                        |
| Resourceful Adolescents Program -Parent (RAP-P) | Aboriginal parents & carers, or parents & carers of Aboriginal adolescents aged 11 -15 | Mondays<br>9:30am-2pm<br>Nov 09 & 16<br>Lunch is provided | Blacktown         | Free                      | No                 | Junaya Aboriginal Corporation      | 02 9621 392<br><br>intake@junaya.org.au                                                                                                                                                                       | <a href="http://www.junaya.org.au">www.junaya.org.au</a>                                                                                                                                                                        |
| Sing & Grow                                     | Parents/carers and their children 0-5yo, living in                                     | Wednesdays<br>10-11:30am<br>21 Oct – 9 Dec                | Campbelltown      | Free                      | N/A                | Uniting and the Benevolent Society | 0447 181 672                                                                                                                                                                                                  | <a href="https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3lJg4cKA7wSlnNURUN">https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=t_6EiLiEo0mV5QkASNCbBHGxJPxJG3lJg4cKA7wSlnNURUN</a> |

| Program name                             | Target                                                                                                                 | Day/Time/Dates                                                | Suburb       | Cost | Childcare provided | Run by                                                      | Contact/ registration details                                                                                                                                                                         | Links to flyer/info                                                                                                                                                                                                                                                                                                              |
|------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------|------|--------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                          | Campbelltown LGA                                                                                                       |                                                               |              |      |                    |                                                             |                                                                                                                                                                                                       | <a href="#">WND RPWUJ PQjVUUE9DSIIQNDdZSIAYM C4u</a>                                                                                                                                                                                                                                                                             |
| Stepping Stones Triple P Group           | Parents of children with a disability, 0-12 yo                                                                         | Wednesdays<br>10am-12:30pm<br>14 Oct – 11 Nov                 | Pendle Hill  | Free | Yes                | SAGE Community Services                                     | 02 9636 8437<br><br><a href="http://www.tinyurl.com/2026term4">www.tinyurl.com/2026term4</a>                                                                                                          | <a href="https://sagecommunity.org.au/parenting-programs/">https://sagecommunity.org.au/parenting-programs/</a><br><br><a href="https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf">https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf</a> |
| Steps to Safer Parenting                 | Parents/Carers                                                                                                         | Thursdays<br>10am-2pm<br>22 Oct – 26 Nov<br>Lunch is provided | Blacktown    | Free | No                 | Junaya Aboriginal Corporation & Macquarie Community College | 02 9621 392<br><br>intake@junaya.org.au                                                                                                                                                               | <a href="http://www.junaya.org.au">www.junaya.org.au</a>                                                                                                                                                                                                                                                                         |
| 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<br>10am-12.30pm<br>13 Oct-24 Nov                     | Eastlakes    | Free | No                 | The Deli Women & Children's Centre                          | 9667 4664<br>contactus@thedeli.org.au                                                                                                                                                                 | <a href="https://thedeli.org.au/parenting-workshops/">https://thedeli.org.au/parenting-workshops/</a>                                                                                                                                                                                                                            |
| Supporting Children & Teens with Anxiety | Parents and carers                                                                                                     | Friday 30 October<br>9-11:30am                                | Coogee       | Free |                    | Susanne North and Randwick City Council                     | <a href="https://events.humanitix.com/copy-of-supporting-children-and-teens-with-anxiety-masterclass">https://events.humanitix.com/copy-of-supporting-children-and-teens-with-anxiety-masterclass</a> |                                                                                                                                                                                                                                                                                                                                  |
| Tahmoor Young Parent Playgroup           | For parents 25 years & under & their children 0-5 years                                                                | Tuesdays<br>10-11.30am<br>13 Oct – 8 Dec                      | Tahmoor      | Free | No                 | Karitane Village Connect & Community Links                  | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577                                                                                | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                                                                                                                                                     |
| The Dad Pack                             | Open to dads of any age & their children 0-5 years                                                                     | Wednesdays<br>9.30-10.30am<br>14 Oct – 9 Dec                  | Campbelltown | Free | No                 | Karitane Village Connect                                    | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577                                                                                | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                                                                                                                                                     |

| Program name                   | Target                                                                  | Day/Time/Dates                                          | Suburb          | Cost                                                                  | Childcare provided        | Run by                                                        | Contact/registration details                                                                                                       | Links to flyer/info                                                                                                                                                                                                                                                                                                              |
|--------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------|-----------------|-----------------------------------------------------------------------|---------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Triple P                       | Parents/carers of children 0-12yo                                       | Tuesdays<br>10am-12pm<br>20 Oct – 24 Nov                | Teloepa         | Free                                                                  | Yes                       | Hope Connect                                                  | <a href="mailto:admin@hopeconnect.org.au">admin@hopeconnect.org.au</a><br><br>9368 7955                                            |                                                                                                                                                                                                                                                                                                                                  |
| Triple P                       | Parents/carers of children 0-12yo                                       | Fridays<br>11:30am-1pm<br>16 Oct – 4 Dec                | Online          | Free                                                                  | N/A                       | Institute for Social Neuroscience                             | 1300 333 476                                                                                                                       |                                                                                                                                                                                                                                                                                                                                  |
| Triple P (Indigenous)          | Aboriginal parents & carers, or parents & carers of Aboriginal children | Wednesdays<br>Oct 21 -18 Nov<br>Lunch is provided       | Blacktown       | Free                                                                  | Please inquire            | Junaya Aboriginal Corporation                                 | 02 9621 392<br><br>intake@junaya.org.au                                                                                            | <a href="http://www.junaya.org.au">www.junaya.org.au</a>                                                                                                                                                                                                                                                                         |
| Triple P Stepping Stones Group | Parents of children with a disability, 0-12 yo                          | Wednesdays<br>10am-12:30pm<br>14 Oct – 11 Nov           | Pendle Hill     | Free                                                                  | Yes                       | SAGE Community Services                                       | 02 9636 8437<br><br><a href="http://www.tinyurl.com/2026term4">www.tinyurl.com/2026term4</a>                                       | <a href="https://sagecommunity.org.au/parenting-programs/">https://sagecommunity.org.au/parenting-programs/</a><br><br><a href="https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf">https://sagecommunity.org.au/wp-content/uploads/2026/09/2026-T4-Stepping-Stones-PPP-flyer.pdf</a> |
| Tuning in to Kids              | Parents/carers of pre-school & primary-aged children                    | Mondays<br>10:30am – 12:30pm<br>2 Nov – 7 Dec           | Online via zoom | \$160 or Free for concession card holders, \$10 required for workbook | No                        | CatholicCare Sydney                                           | 13 18 19                                                                                                                           | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a>                                                                                                                                  |
| Tuning in to Kids              | Parents of children 12 and under                                        | Tuesdays<br>5:30-7:30pm<br>6 Oct – 17 Nov               | Online          | Free                                                                  | No                        | Relationships Australia                                       | <a href="mailto:caps@randsw.org.au">caps@randsw.org.au</a><br>or call Nikki<br>0423 658 798                                        |                                                                                                                                                                                                                                                                                                                                  |
| Tuning in to Kids              | Parents/Carers of children aged 3-12 years                              | Tuesdays<br>10am – 12pm<br>20 Oct – 24 Nov              | Erskine Park    | Free                                                                  | Please contact to enquire | Wesley Mission Early Intervention – Child and Family Services | <a href="mailto:echildandfamilyservices@wesleymission.org.au">echildandfamilyservices@wesleymission.org.au</a><br><br>02 8887 4911 | Facebook page: Wesley Hills                                                                                                                                                                                                                                                                                                      |
| Tuning in to Kids              | Parents and carers of primary school aged children                      | Tuesdays<br>6-8pm<br>27 Oct – 8 Dec (no session 10 Nov) | Online          | Free                                                                  | No                        | Community Builders, Relationships Australia                   | <a href="https://forms.cloud.microsoft/r/BBRfEALPB5">https://forms.cloud.microsoft/r/BBRfEALPB5</a>                                | N/A                                                                                                                                                                                                                                                                                                                              |

| Program name                 | Target                                             | Day/Time/Dates                                       | Suburb                       | Cost                                                                  | Childcare provided | Run by                                      | Contact/ registration details                                                                                          | Links to flyer/info                                                                                                                                                                             |
|------------------------------|----------------------------------------------------|------------------------------------------------------|------------------------------|-----------------------------------------------------------------------|--------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuning in to Kids            | Parents and carers of primary school aged children | Wednesdays 6-8pm<br>28 Oct - 2 Dec                   | Online                       | Free                                                                  | No                 | Community Builders, Relationships Australia | <a href="https://forms.cloud.microsoft/r/BBRfEALPB5">https://forms.cloud.microsoft/r/BBRfEALPB5</a>                    | N/A                                                                                                                                                                                             |
| Tuning in to Teens           | Parents and carers of high school aged children    | Tuesdays 6-8pm<br>27 Oct - 8 Dec (no session 10 Nov) | Online                       | Free                                                                  | No                 | Community Builders, Relationships Australia | <a href="https://forms.cloud.microsoft/r/mYxazM53j5">https://forms.cloud.microsoft/r/mYxazM53j5</a>                    | N/A                                                                                                                                                                                             |
| Tuning in to Teens           | Parents/carers of 10 – 17 years                    | Tuesdays 6 – 8pm<br>27 Oct – 24 Nov                  | Online                       | Free                                                                  | N/A                | Botany Family & Children's Centre           | <a href="mailto:rachael.a@bfcc.org.au">rachael.a@bfcc.org.au</a>                                                       | Contact via email to receive further information & flyer                                                                                                                                        |
| Tuning in to Teens           | Parents of 9-18yo                                  | Wednesdays 10am-12:30pm<br>4 Nov – 9 Dec             | Blacktown                    | Free                                                                  | No                 | Relationships Australia                     | <a href="mailto:caps@ransw.org.au">caps@ransw.org.au</a><br>or call Nikki 0423 658 798                                 |                                                                                                                                                                                                 |
| Tuning in to Teens           | Parents/carers of tweens and teens                 | Wednesdays 6:30 – 8:30pm<br>21 Oct – 25 Nov          | Online via zoom              | \$160 or Free for concession card holders, \$10 required for workbook | No                 | CatholicCare Sydney                         | 13 18 19                                                                                                               | <a href="https://www.catholiccare.org/parenting-child-family-services/parenting-child-development">https://www.catholiccare.org/parenting-child-family-services/parenting-child-development</a> |
| Wingecarribee Play & Connect | For parents 25 years & under & their children      | Wednesdays 9.30-10.30am<br>14 Oct – 9 Dec            | Burradoo, Southern Highlands | Free                                                                  | No                 | Karitane Village Connect                    | <a href="mailto:KRTNE-VillageConnect@health.nsw.gov.au">KRTNE-VillageConnect@health.nsw.gov.au</a><br><br>0409 974 577 | <a href="http://www.karitane.com.au">www.karitane.com.au</a>                                                                                                                                    |
| Young Parents Group          | Parents up to 25 years old                         | Tuesdays 10am-12pm<br>During school term             | Pendle Hill                  | Free                                                                  | Yes                | SAGE Community Services                     | 02 9636 8437                                                                                                           | <a href="https://sagecommunity.org.au/young-parents-group/">https://sagecommunity.org.au/young-parents-group/</a>                                                                               |

#### 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<br>0411 484 099  | <a href="https://www.thedivorcecentre.com.au/let-go-flow-2">https://www.thedivorcecentre.com.au/let-go-flow-2</a> |

| Program name                                                 | Target                                                                                                 | Day/Time/Dates                                                                                                                 | Suburb            | Cost                                                                                    | Childcare provided | Run by              | Contact/registration details                                                                                        | Links to flyer/info                                                                                                                                                                                             |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------------|--------------------|---------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Anger Management                                             | Adults                                                                                                 | Anytime                                                                                                                        | Online self-paced | \$165                                                                                   | N/A                | The Divorce Centre  | Cheryl Duffy<br>0411 484 099                                                                                        | <a href="https://www.thedivorcecentre.com.au/anger-management">https://www.thedivorcecentre.com.au/anger-management</a>                                                                                         |
| Beyond Abuse                                                 | Women who have experienced domestic violence                                                           | Thursdays<br>11am-1pm<br>29 Oct – 3 Dec                                                                                        | Pendle Hill       | Free                                                                                    | Yes                | Anglicare           | 1300 651 728<br>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<br>0411 484 099                                                                                        | <a href="https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-property-mediation-course">https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-property-mediation-course</a> |
| Empowered for Parenting Mediation online course              | Separated parents                                                                                      | Anytime                                                                                                                        | Online self-paced | \$165                                                                                   | N/A                | The Divorce Centre  | Cheryl Duffy<br>0411 484 099                                                                                        | <a href="https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-mediation-course">https://thedivorcecentre.thinkific.com/courses/empowered-for-parenting-mediation-course</a>                   |
| Empowered for Property Mediation online course               | Separated parents                                                                                      | Anytime                                                                                                                        | Online self-paced | \$165                                                                                   | N/A                | The Divorce Centre  | Cheryl Duffy<br>0411 484 099                                                                                        | <a href="https://thedivorcecentre.thinkific.com/courses/empowered-for-property-mediation">https://thedivorcecentre.thinkific.com/courses/empowered-for-property-mediation</a>                                   |
| Empowering Teens impacted by Divorce                         | Teenagers                                                                                              | Anytime                                                                                                                        | Online self-paced | \$165                                                                                   | N/A                | The Divorce Centre  | Cheryl Duffy<br>0411 484 099                                                                                        | <a href="https://www.thedivorcecentre.com.au/empower-teens-impacted-by-divorce-p">https://www.thedivorcecentre.com.au/empower-teens-impacted-by-divorce-p</a>                                                   |
| PAUSE                                                        | Support for parents of adolescents or adult children impacted by alcohol, drug, or gambling dependency | Tuesdays<br>4:30 – 6:30pm<br>22 Sept – 8 Dec                                                                                   | Online            | Sliding Scale<br>\$50 per session,<br>\$550 up front for a discount. Fee is negotiable. | No                 | CatholicCare Sydney | 13 18 19                                                                                                            | <a href="https://www.catholiccare.org/addiction-counselling-services/family-recovery">https://www.catholiccare.org/addiction-counselling-services/family-recovery</a>                                           |
| Owl Kids                                                     | Children aged 7 – 12 year-olds whose parents have separated or are separating.                         | Tuesday – Thursday<br>Mid – Late January 2027, Dates TBC<br><br>This is a 3-day kids group that runs during the term holidays. | Lewisham          | Cost per family:<br>\$70 or<br>\$20 for concession                                      | No                 | CatholicCare Sydney | 13 18 19<br>Enrolment requires pre-group child intake sessions. Please register your interest as early as possible. | <a href="https://www.catholiccare.org/separation-services/owl-kids">https://www.catholiccare.org/separation-services/owl-kids</a>                                                                               |