

# Playgroup Newsletter



## July 2023

## Pop-Up Playgroups

Term 3 Pop-Up Playgroups are updated on the website. This term we will be at:

Monterey Community Park Playground.

Seaford North Reserve.

Lakewood Family and Child Centre.

As the weather is getting a bit less predictable, please make sure you check out the website for any cancelation before you head down.

<https://www.frankston.vic.gov.au/Community-and-Health/Health-and-support-services/Child-and-family-services/Playgroups/Pop-up-Playgroup>

### Naidoc Week Celebration

**NAIDOC @ Nairm** All Welcome

**Saturday 1st July**  
The NAIDOC dinner dance!  
For Our Elders  
6 pm - 11 pm @ Mornington Racecourse!

**Monday 3rd July**  
Naidoc flag raising and Stories Launch  
Elders Photo exhibition  
Morning Tea  
10:00 am - 11.30am

**Thursday the 6th July**  
Family Day!!! Elders Photo exhibition  
Children's Activities/Youth Van  
Face Painting  
Family Photos  
BBQ Lunch  
11:00 pm to 2:00 pm

32 Nursery Avenue  
Frankston

For more information contact  
Nairm on 9783 1521

National Aborigines and Islanders Day  
Observance Committee

<https://www.naidoc.org.au/>

### Children's Day

LITTLE VOICES LOUD FUTURES

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER  
**Children's Day**  
4th August 2023  
[www.aboriginalchildrensday.com.au](http://www.aboriginalchildrensday.com.au)

National Aboriginal and Torres Strait Islander  
Children's day  
4 August 2023

<https://www.aboriginalchildrensday.com.au/>





**A free program for parents and carers of young people aged 10 to 18 years old.**

**Would you like to:**

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning in to Teens® program teaches parents how to help their teen develop emotional intelligence.

**Teenagers with higher emotional intelligence:**

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

**Where:** Online via Zoom

**When:** Thursdays, 20th July - 7th September 2023

**Time:** 11:00am - 1:00pm

**Cost:** FREE

**Suitable for:** Parents with young people aged 10 - 18 years

**Eligibility:** Families residing within the Bayside Peninsula region

**Registration:** To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



**For further information please contact:**

(03) 8599 5433 or [earlyhelp@familylife.com.au](mailto:earlyhelp@familylife.com.au) [www.familylife.com.au](http://www.familylife.com.au)



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**Tuning in to Kids® is a parenting program that focuses on the emotional connection between parents/carers and their children, from preschoolers to teens.**

The program has success in improving parenting, parent-child relationships, parental meta emotion, children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session parenting program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for parents of children aged 3 to 10 years old.

**Would you like to learn how to:**

- Be better at talking with your child?
- Be better at understanding your child?
- Help your child learn to manage their emotions?
- Help to prevent behaviour problems in your child?
- Teach your child to deal with conflict?

**Where:** Online via Zoom

**When:** Thursdays, 20th July - 7th September 2023

**Time:** 5:30pm to 7:30pm

**Cost:** FREE

**Suitable for:** Parents with children aged 3 - 10 years

**Eligibility:** Families residing within the Bayside Peninsula region

**Registration:** To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



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**A free parenting program for Dads of children aged 3 to 10 years old. Would you like to learn how to help your child/ren manage feelings such as worry, frustration and anger?**

Dads Tuning in to Kids® is a 6-8 session group program, for Fathers.

This program will teach you how to help your child/ren understand and manage feelings.

**Children with good emotional intelligence:**

- Have better concentration at school
- Have greater success with making and keeping friends
- Are more able to manage conflict with peers
- Are more able to calm down when upset or angry

**Where:** Online via Zoom

**When:** Wednesdays, 19th July - 6th September 2023

**Time:** 6:00pm to 8:00pm

**Cost:** FREE

**Suitable for:** Dads with children aged 3 - 10 years

**Eligibility:** Families residing within the Bayside Peninsula region

**Registration:** To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



**For further information please contact:**

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**All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.**

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists parents to see behaviour as communication rather than a problem.

Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

**Where:** Online via Zoom

**When:** Mondays 10th July - 14th August (5-6 Weeks)

Attendance at all sessions is essential

**Time:** 10:30am to 12:30pm

**Cost:** FREE

**Suitable for:** Parents with children aged 0 - 5 years

**Eligibility:** Families residing within the Bayside Peninsula region

**Registration:** To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



**For further information please contact:**

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## What is a Supported Playgroup?

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run weekly during school terms by qualified early years professionals in your local community.

Supported Playgroup is a great way to meet other families in your local area and one-on-one in-home support is also optional for eligible families.

These playgroups are supported by the Department of Families, Fairness and Housing and are free to attend.

## Who is eligible to attend?

Supported Playgroups are available to:

- families with a Commonwealth Health Care Card (or visa equivalent for refugees and migrants)
- children aged from birth up to school age.
- families where a family member who has identified as Aboriginal and/or Torres Strait Islander;
- families who are looking after children in kinship care (out of home care);
- families referred by Child FIRST
- families referred from or receiving Enhanced Maternal and Child Health services

## Supported Playgroups are currently located in the following venues:

- Aldercourt Primary School - Frankston North
- Lyrebird Community Centre - Carrum Downs
- Lakewood Child & Family Centre - Frankston
- Karingal Heights Primary School - Karingal
- Orwill Street Community House - Frankston
- Mahogany Rise Child and Family Centre - Frankston North

## More Information

Playgroups will run in line with all current Covid guidelines.

To find out more about our Supported Playgroup sessions please call Council's Playgroup Development Officer on 9293 7156 or email [playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)



A Supported Playgroup is a welcoming environment for parents and caregivers to come together with their children to connect with each other and their local community.

Our Supported Playgroups are facilitated by experienced early childhood professionals who will work alongside adults and children to support adult / child interactions during play.

Supported Playgroups are for eligible families with children newborn to five years.

They are Free to attend and run weekly at various locations (during school term)

Eligibility criteria applies.



### Contact us

[frankston.vic.gov.au](http://frankston.vic.gov.au)  
1300 322 322  
[playgroups@frankston.vic.gov.au](mailto:playgroups@frankston.vic.gov.au)



## Frankston City Council

PO Box 490  
Frankston 3199  
1300 322 322  
[info@frankston.vic.gov.au](mailto:info@frankston.vic.gov.au)  
[frankston.vic.gov.au](http://frankston.vic.gov.au)

