

Playgroup Newsletter



August 2022

Pop up Playgroups

Feel free to join us they are free and no booking is required. Keep up to date where we are in Frankston by clicking the link below.

<https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Pop-up-Playgroup>

Programs



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children aged 3 - 18 years. Come along for one, two or three sessions. Free for all. Click on the QR code to express interest in the session/s.

Helping your child deal with emotions
Wednesday 10th August 9.30 - 11.30

DAY: Wednesday

Dealing with conflict
Wednesday 17th August 9.30 - 11.30

TIME: 9.30 - 11.30am

Building resilience and self esteem
Wednesday 24th August 9.30 - 11.30

WHEN: August 10, 17, 24

WHERE: The Corner Wilsons Road Mornington

COST: FREE

Registration: <https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Pop-up-Playgroup>



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BETTER TOMORROWS

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Screen time reduction: How to do it

Presented by Jasbir Singh Suropada

- Is my child spending too much time on screen?
- How do I manage my child's screen time?
- Who can assist me to support my child?

DATE: Tuesday, 16th of August 2022
TIME: 6:30PM - 8PM

WHERE: Online via Zoom Webinar

COST: Free

Register at: <https://us02web.zoom.us/j/92055123456>

Or scan QR code

INQUIRIES: CFCCardmia@anglicarevic.org.au or call 0457 825 076



Communities for Children Plus
Anglicare Victoria

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CF is funded by the Australian Government,
Department of Social Services.
See www.dss.gov.au for more information.

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Activity idea you can do at home

Rice Sensory Tray



Split your rice in to bowls, add a few drops of food colouring to each bowl stir and mix and allow to dry (Approx 30 minutes) Once dry place in a large container add containers etc and start playing. You could add cars, trucks, animals and tailor to your children's interests.

What you will need.

- Rice (Any)
- Food colouring
- Bowls and spoons
- Large container with lid for playing
- Selection of recycled containers

Benefits of Sensory Play

- Encourages the development of fine and gross motor skills
- Supports language development
- Encourages problem solving
- Hands on, self-directed and self centred Play
- Exploring their senses.



Whats on?

MAYOR'S FAMILY PICNIC



Join us for day of fun for the whole family at The Mayor's Family Picnic.

Returning in 2022, this day is all about having a good time and showcasing all Frankston City has to offer. Enjoy a range of free kids activities, musical performances, market stalls, activities and more.

More information to come closer to the date. Favourite this event to be notified of updates!

- Sat 17th Sep, 12:00 PM - 5:00 PM
- Carrum Downs Recreational Reserve, Wedge Road, Carrum Downs VIC
- 1300 322 322
- VIEW WEBSITE
- CONTACT VIA EMAIL



OUR TIME- SUPPORTED PLAYGROUP

A supported playgroup for parents who have experienced Mental Health Challenges and their preschool children

- Meet other parents and share ideas
- Build social connections, have some refreshments, learn parenting tips and access resources
- Help to feel closer to your child and understand what they need
- Play and have fun with your child
- Caring for ourselves

DATE: Tuesday 19th July - 26th September

TIME: 10:00am-12:00noon

WHERE: Frankston area
will be confirmed at registration

BOOKINGS AND ENQUIRIES:
Iris Guasch- Parent Resource Coordinator
Email: iris.guasch@anglicarevic.org.au or Call/ text 0436 007 492 to book.

Sarah Dickenson- PaPMI Coordinator
Email: sdickenson@pfcvic.gov.au
text 0439 336 808

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BETTER TOMORROWS

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. Please click the link below to find out more.
<https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Supported-Playgroups>

We currently have vacancies at:

- Frankston - Orwil St Community House
- Seaford - Kananook Pre-School
- Carrum Downs - Sparkways Early Learning

Expression of interest

Are you interested in facilitating a Community Playgroup? Perhaps there isn't a playgroup running in your area and you would like to start one?

Playgroups are a great social activity for you and your child. Facilitating a playgroup is also a way of building new skills that can lead to future opportunities. Training can be provided as well as ongoing support. For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov

Keep and eye out for upcoming information on childrens week.

Save the Date 27th
October 2022

Frankston City Council

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