

Playgroup Newsletter



February 2023

Pop up Playgroups

We look forward to welcoming you all back to Playgroups for the year.

We will be return to running programs in Feburary 2023 To find out where we are going to be check out the link below

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



Whats on?

Introducing a New Pop up Baby Playgroup for Babies under 12 months.

Pop up Baby Playgroup



Parents, caregivers, grandparents are welcome to join us for a Pop up Baby Playgroup session, explore a range of activities from music to story time, and meet other local families you will also have the chance to speak to the team about finding a local Playgroup, Supported Playgroup and Kindergarten registration.

<p>Aldercourt Primary School Silver Ave Frankston North Community Room Time: 1.00-2.30pm Term: 1 dates February: 8, 15 and 22 March: 1, 8, 15, 22 and 29 April: 5 https://www.trybooking.com/CFKNH</p>	<p>For Babies under 12 Months</p> <p>Please book via Try booking</p>	<p>Benefits of coming to playgroup</p> <ul style="list-style-type: none"> • Meet other families. • Get out and about. • Supportive environment. • Share ideas and information. • Have fun, relax and build friendships. • Introduce your baby to new surroundings. • Learn some new songs. • Play and explore. • Bubbles !!! <p>and so much more feel free to contact me 9293 7156 or Elaine.Turner@frankston.vic.gov.au ☺</p>
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Pop up Baby Playgroup is a free playgroup please remember your hats, drink bottles and snacks. If your baby is over 12 months please come to our Pop up Playgroup check website for details.

Frankston City Council
PO Box 490, Frankston 3199
1300 322 322 | playgroup@frankston.vic.gov.au | frankston.vic.gov.au



cuddle ~ communicate ~ connect

Parent-Child Mother Goose Program®

Family Life invites you and your children to come along to the Parent-Child Mother Goose Program.

Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents and their young children 0-4 years, by introducing them to the pleasure and power of using rhymes, songs and stories together.

- Enjoy learning rhymes, songs, and stories together
- Strengthen your bond
- Improve your child's language, pre-literacy, and literacy skills

Eligibility: Families residing in Mornington Peninsula Shire, Frankston City, City of Kingston and Bayside City.

When: Term 1, Mondays, 6th of February 2023 to 3rd of April 2023

Time: 10.00am - 11.00am

Where: Frankston North Community Centre, 26 Mahogany Ave, Frankston North

Cost: FREE

Register via the QR or www.familylife.com.au

For more information / to express interest:
Family Life
03 85995433
sallyhelp@familylife.com.au



www.familylife.com.au

AUGUST 2022



Dads Tuning in to Kids®

A free parenting program for Dad's of children aged 3yrs to 10yrs.

Would you like to learn how to help your child manage feelings such as worry, frustration and anger?

Dads Tuning in to Kids® is an 8 session group program for Fathers.

This program will teach you how to help your child 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: Every Wednesday from 8th February 2023

Time: 6.00 pm - 8.00 pm

Cost: FREE

Eligibility: Families residing in Mornington Peninsula Shire, Frankston City, City of Kingston, Bayside City, Glen Eira, Stonington and Port Phillip.

Suitable for: Dads with children aged 3yrs-10yrs

Access to the Group Work Registration Form: Click on the URL [here](#) to complete the Group Work Registration Form. If you would like to attend our free group work. Or Scan the QR Code to complete the Group Work Registration Form.

For further information please contact:

Family Life on 03 8599 5433 or email sallyhelp@familylife.com.au



www.familylife.com.au



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PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children of all ages. Come join along for the 6 week group. Share ideas and feel supported. Free for all.

ARE YOU TIRED OF ALL THE YELLING?
How to communicate better within the family

DATES: Wednesdays
15, 22 February
1, 8, 15, 22 March 2023

DEALING WITH ANGER
Helping parents deal with anger in themselves and the kids

TIME: 9:15am - 11:15am

RESPONDING TO BEHAVIOUR
Understand why children behave the way they do

WHERE: Aldercourt Primary School
Silver Avenue
Frankston North

STRATEGIES THAT WORK
How can parenting be easier and more fun

COST: Free

For more information contact:
Michelle Brown 0429 174 150
Michelle.brown@anglicarevic.org.au

Register using the QR code or this link
<https://forms.office.com/v/M0HC10AwXc>

PARENTZONE



BETTER
TOMORROWS

How do I find out about Community Playgroups?

To find out about Community Playgroup you can head over to our website follow the link below, or give me a call to chat about playgroups I can help link you up with a playgroup. And we can chat about how playgroups run and find one that will suit your child's needs best.

Did you know that we have 31 playgroup across Frankston with a total of 44 session.

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

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>

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

What information would you like to see in our monthly newsletter?

Please email me

Elaine.Turner@frankston.vic.gov.a

Frankston City Council

PO Box 490
Frankston 3199

1300 322 322
info@frankston.vic.gov.au
frankston.vic.gov.au



