








Courses provided FREE to residents of Penrith & Blue Mtns LGAs.  
Phone 4720 6500 or email [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)

Program	Date/Time	Location	REGISTER NOW 
<b>Circle of Security</b>  Eight week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).	Every Wednesday  22nd Oct – 10 <sup>th</sup> Dec 10:00am – 11:30am	Cranebrook Neighbourhood Centre, 17 Hosking Street CRANEBROOK ** Childcare available ** Must register	
<b>Tuning in to Teens</b>  Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.	Every Thursday  30th Oct – 4 <sup>th</sup> Dec 7:00pm – 8:30pm	Online via ZOOM	
<b>Splash &amp; Play Family Fun Day</b>  Join your child (0-5 yrs) in a morning session of sensory "splash and play" outdoor fun	Friday  21 <sup>st</sup> November 9:30am – 12:00noon	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
<b>Parent Drum: Finding Your Beat</b>  Four week program for parents to connect & regulate through the power of drumming.	Every Tuesday  4th Nov – 25 <sup>th</sup> Nov 6:00pm – 7:00pm	St Marys Children's Centre, 7 Collins St ST MARYS	

[Click here to register online at gatewayfamilyservices.org.au](https://gatewayfamilyservices.org.au)

