



Courses provided FREE to residents of Penrith & Blue Mtns LGAs.

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

Program	Date/Time	Location	REGISTER NOW 
Circle of Security Seven week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).	Every Tuesday 17th Feb – 31 st Mar 6:00pm – 7:30pm	Nepean Christian School (Puggles Preschool) 836 Mulgoa Road MULGOA	
Tuning in to Teens Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.	Every Monday 23rd Feb – 30 th Mar 7:00pm – 8:30pm	Online via ZOOM	
Splash & Play Family Fun Day Join your child (0-5 yrs) in a morning session of sensory "splash and play" outdoor fun.	Friday 27 th February 9:30am – 12:00noon	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
Tuning in to Kids Six week program that teaches parents to help children (0-12 yrs) understand and regulate their emotions.	Every Wednesday 18th Feb – 25 th Mar 7:00pm – 8:30pm	Online via ZOOM	
Blaxland playgroup Join us at our supported playgroup in Blaxland. NO NEED TO REGISTER , just come along! (0-5 yrs)	Thursdays during school term Starts 9:30am	Blaxland Public School Baden Place, BLAXLAND	