



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 
<p>Circle of Security</p> <p>Seven week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).</p>	<p>Every Wednesday</p> <p>13th May - 24th June</p> <p>10:00am - 11:30am</p>	<p>CALM Uniting Church</p> <p>72 Old Bathurst Rd</p> <p>BLAXLAND</p>	
<p>Tuning in to Teens</p> <p>Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.</p>	<p>Every Tuesday</p> <p>19th May - 23rd June</p> <p>7:00pm - 8:30pm</p>	<p>Online via</p> <p>ZOOM</p>	
<p>Fear-Less Triple P</p> <p>Six week program to help your child manage anxiety and become more emotionally resilient.</p>	<p>Every Tuesday</p> <p>26th May - 30th June</p> <p>7:00pm - 8:30pm</p>	<p>Bunya Childcare Centre</p> <p>54 White Cross Rd</p> <p>WINMALEE</p>	
<p>Bush Playgroup</p> <p>Four week interactive outdoor workshop for parents & carers and their children aged (3-5 yrs). One child per adult.</p>	<p>Every Friday</p> <p>29th May - 19th June</p> <p>9:30am - 11:30am</p>	<p>Lapstone Public School</p> <p>1/3 Achievement Ave</p> <p>LAPSTONE</p>	
<p>Blaxland playgroup</p> <p>Join us at our supported playgroup in Blaxland.</p> <p>NO NEED TO REGISTER, just come along! (0-5 yrs)</p>	<p>Thursdays during school term</p> <p>Starts 9:30am</p>	<p>Blaxland Public School</p> <p>Baden Place,</p> <p>BLAXLAND</p>	