







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><b>Circle of Security</b></p> <p>Seven week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).</p>	<p>Every Tuesday</p> <p>11th Aug - 22<sup>nd</sup> Sep</p> <p>7:00pm - 8:30pm</p>	<p>Online via ZOOM</p>	
<p><b>Tuning in to Kids</b></p> <p>Six week program that teaches parents to help children (0-12 yrs) understand and regulate their emotions.</p>	<p>Every Wednesday</p> <p>12th Aug - 16<sup>th</sup> Sep</p> <p>7:00pm - 8:30pm</p>	<p>Online via ZOOM</p>	
<p><b>Sensory Explorers</b></p> <p>Four week program for parents &amp; children (0-5 yrs) to explore, connect &amp; play through sensory-rich experiences in nature.</p>	<p>Every Thursday</p> <p>6<sup>th</sup> Aug - 10<sup>th</sup> Sept</p> <p>9:30am - 11:30am</p>	<p>Lapstone Public School 1/3 Achievement Ave LAPSTONE</p>	
<p><b>Bush Playgroup</b></p> <p>Four week interactive outdoor workshop for parents &amp; carers and their children aged (3-5 yrs). One child per adult.</p>	<p>Every Friday</p> <p>21st Aug - 11<sup>th</sup> Sept</p> <p>9:30am - 11:30am</p>	<p>Lapstone Public School 1/3 Achievement Ave LAPSTONE</p>	