



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 Eight week program that helps parents form secure relationships and stronger bonds with their children (0-6 yrs).	Every Thursday 22nd Oct – 10 th Dec 10:00am – 11:30am	Gateway FS Office cnr Station & Henry St PENRITH	
Tuning in to Teens Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.	Every Tuesday 3rd Nov – 8 th Dec 7:00pm – 8:30pm	ONLINE	
Sensory Explorers Six week program for parents & children (0-5 yrs) to explore, connect & play through sensory-rich experiences in nature.	Every Tuesday 27 th Oct – 1 st Dec 9:30am – 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
Bringing Up Great Kids 6 week program for parents to build positive & respectful relationships with children (0-12 yrs).	Every Monday 2nd Nov – 7 th Dec 7:00pm – 8:30pm	ONLINE	