



Central Coast Family Support Services course work programs will be delivered as face to face and online courses.
Most courses will have limited free childcare available which will need to be booked at registration.

FREE FACE-TO-FACE PARENTING EDUCATION COURSES

Course	Date	Time
123 Magic & Emotion Coaching <i>In partnership with Wyong School as Community Centre</i>	3 Tuesdays in a row August 15 – August 29	12:30pm-2:30pm
Bringing Up Great Kids <i>In partnership with Peninsula Women's Health Centre</i> <i>This course is for WOMEN only</i>	6 Wednesdays in a row August 16 – September 20	11am-1pm
Circle of Security <i>In partnership with Goodstart Early Learning Centre, Woy Woy</i>	6 Mondays in a row August 7 – September 4	12pm-2pm
Fear-Less Triple P Positive Parenting Program <i>In partnership with Our Lady of the Rosary Catholic Primary School, Wyoming</i>	6 Tuesdays in a row August 1 – September 5	6pm-8pm
Preparation for Parenting & Birth - P4P <i>This course is running in Kariong, for first time expecting young parents aged under 25 years</i>	6 Tuesdays in a row August 8 – September 12	12pm-2pm
Triple P Positive Parenting Program <i>In partnership with SPCC Young Parents College</i> <i>This course is for young parents and expecting parents aged under 25 years</i>	6 Tuesdays in a row May 9 – June 13	12pm-2pm
Triple P Positive Parenting Program <i>In partnership with Peninsula Women's Health Centre</i> <i>This course is for WOMEN only</i>	6 Thursdays in a row May 11 – June 15	11:30am-1:30pm
Tuning Into Kids <i>In partnership with Gorokan School as Community Centre</i>	6 Wednesdays in a row August 16 – September 20	12:30pm-2:30pm

FREE ONLINE PARENTING EDUCATION COURSES

Course	Date	Time
Circle of Security <i>Online, via Zoom</i>	6 Wednesdays in a row August 16 – September 20	6pm-8pm
Promoting Positive Mental Health and Parenting <i>Online, via Zoom</i>	5 Tuesdays in a row August 1 – August 29	5:30pm-7:30pm

[Click here to register online](https://www.ccfss.org.au)

For more information, contact CCFSS on:



ccfss@ccfss.com.au



4340 1585



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GRANDPARENTS RAISING GRANDCHILDREN WEEKLY SUPPORT GROUP

Group	Date	Time	All Grandparents raising their grandchildren living on the Central Coast are welcome to attend. No registrations needed. For more information contact us on 43401585 or email ccfss@ccfss.com.au
GRG Coffee & Chat Group – <i>Wyong Milk Factory – 141 Alison Road, Wyong</i>	First Wednesday of the month during school terms	9:30am-11:30am	
GRG Art Group – <i>Phillip House – 21 Old Mount Penang Road, Kariong</i>	Last Wednesday of the month during school terms	9:30am-11:30am	

YOUNG PARENT WEEKLY SUPPORT GROUP

Group	Date	Time	All young parents aged 13-24 years living on the Central Coast are welcome to attend. No registrations needed. For more information, contact Josie on 0434426710 or josie@ccfss.com.au
Young Parent Support Group – <i>The Clam Hall, 204 The Entrance Road, Long Jetty (opposite Diggers)</i>	Fridays during school terms	10am – 12pm	

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