



Newtown Neighbourhood Centre Incorporated

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Parenting Programs and Support (May 2011)

<p>Anglicare Marrickville and Bondi Beach</p> <p>44 Frampton Ave, Marrickville</p>	<p>1-2-3 Magic: Three week program, practical and easy to learn parenting techniques that works with children 2-12.</p> <p>Parenting well when you have mental health issues: a series of morning talks.</p> <p>When the new baby arrives: one off session.</p> <p>Cyber Bullying Workshop - A two week workshop that uses the "Let's Fight it Together" DVD which helps to give parents an understanding of cyberbullying, how it can happen and how to help children respond to it. We will also get online and have a look at some of the popular sites that children are frequenting. Through understanding you can help your children have a safe and fun use of technology and the internet. Help your children who are</p>	<p>Marrickville</p> <p>Ph: 9561 0800</p> <p>Bondi Beach</p> <p>Ph: 02 8362 3700</p>
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	<p>starting to develop a ‘moral compass’ with which to navigate their way through cyberspace. Help them weigh up the potential consequences of their behavioral choices. It’s important to provide parents with the support they need to address these challenges, risks and potentials.</p> <p>Venue: Marrickville</p>	
<p>Camperdown Community Child, Adolescent and Family Health Service</p> <p>Level 5 (South) King George V Building Missenden Rd, Camperdown</p>	<p>Home visits and new parents group.</p> <p>Child and family health service including Counselling, pediatry and speech therapy.</p>	<p>Ph: 87884288 (register with them) and advice line for new parents.</p> <p>Ph: 95163232</p>
<p>CatholicCare</p> <p>209A Edgeware Rd , Enmore</p>	<p>Parenting support, Counselling, Mediation Courses: Parenting education and skills.</p>	<p>Ph: 9519 6788</p>
<p>Leichhardt Women’s Health Centre</p> <p>55 Thornley St, Leichhardt</p>	<p>Information and support for women and mothers, female Drs, anti-natal support, menopause support, naturopath, mothers walking group, drug and alcohol counselling. Domestic violence counselling, family law solicitor, psychologist.</p>	<p>Ph: 9560 3011</p>
<p>Karitane Care Line</p>	<p>Child and Family Health Nurses available for consultation on a range of</p>	<p>Ph: 1300 227 464</p>

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	issues for children aged 0-5	
Karitane	Call for information about programs.	Ph: 9794 2348
Parent Line	A help line for parents of children aged 0-18. Experienced counsellors providing support and information for any issue.	Ph: 1300 1300 52
Tresillian 24 Hour Parents Help Line	Parental aid and advice regarding young children. Also provides help for parents themselves who are struggling to cope.	Ph: 1800 637 357 Ph: 9787 0855
Volunteer Home Visiting Service	Practical & Social Support to families with children in the first 3 years.	Ph: 9310 5885 (Benevolent Society)
MEND The NSW Healthy Lifestyle Parenting Program, City of Sydney	<p>FREE fun program for kids to become healthier, fitter and happier! Do you have children 7 to 13 years old? Are you worried about them being overweight?</p> <p>The NSW Parenting (MEND) Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above their ideal weight.</p> <p>What happens in the NSW Parenting Program?</p> <p>The program runs over one</p>	<p>Contact Marina Davis (Program Manager) on (02) 9780 2811. You can also visit www.mendprogramme.org</p> <p>Location Victoria Park Pool, City Road, Corner of Parramatta Road , 2050 Suburb Camperdown</p>

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	<p>school term (9 weeks). There are 18 sessions (2 sessions/week, 2hrs/session). All sessions run after school. Sessions include:</p> <ul style="list-style-type: none">• Games, activities and swimming for kids• Easy, effective ways to improve your child's self esteem and confidence• Demonstrations, games and tips on healthy foods, label reading and portion sizes• A fun supermarket tour and a chance to try delicious new foods! <p>Places on the Program are being given away on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to qualify for the program.</p>	
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