

What's on in Term 3, 2020 at Family Support Network

South Lismore Playgroups with Karen
Free to attend [commencing again July 22nd](#)
Registration is necessary due to Covid19
Please phone to secure a place 66212489

(41 Wilson Street) 10 am to 12 noon
Wednesday and Fridays during school terms.
Phone 6621 2489 to find out more information.
A free morning tea and craft activity are provided, to share with your child. All families with children under school age are welcome to join us.

Nimbin Playgroups with Kelly
Free to attend [commencing again July 21st](#)
Registration is necessary due to Covid19
Please phone to secure a place 66212489

(Building E, Lilly Pilly Place, 81 Cullen Street.
Car park in Sibley St)
Tuesdays and Fridays 10 am to 12 noon during school term.
Phone 6689 0423 email nimbin@fsn.org.au. A free morning tea and craft activity are provided, to share with your child.

Start Together Groups [commencing again July 23rd in Lismore & 21st in Nimbin](#)
Registration is necessary due to Covid19
Please phone to secure a place 66212489

Support for parents from pregnancy to child aged 3 years, helping them achieve their developmental milestones.
Share your experiences of parenthood while playing with a range of educational activities.

Babies Group for parents, from pregnancy to children 3 years of age. Free morning/afternoon tea provided.

Lismore Thursdays During School Term
1pm to 3pm at 41 Wilson Street, South Lismore
Parents with their children, ages 0-3 years.

Nimbin Tuesdays During School Term
10am to 12 noon at 81 Cullen Street, Nimbin
For families with children aged 0-5 years.



Parenting Groups FREE to attend
Tuning into Kids with Courtney

Tuning In To Kids gives you helpful ways of teaching your child the skills of emotional intelligence. With these skills, you can help your children learn to understand and regulate their emotions.

Children with good emotional intelligence often have better emotional & social skills, as well as fewer behavioural difficulties.

Tuesdays from 4th August 10 am to 12.30 pm
6 Week Program

Held at 41 Wilson Street, South Lismore. Morning tea included. For bookings phone 6621 2489.

Circle of Security with Kelly

Circle of Security teaches new ways to understand children's needs and behaviours. Secure children have greater self-esteem, increased empathy, enhanced school readiness, better relationships, more emotional intelligence.

Thursdays from 30th July 10am to 12.30 pm
8 Week Program

Held at 41 Wilson Street, South Lismore. Morning tea included. For bookings phone 6621 2489.

No Scaredy Cats with Sharon

The No Scaredy Cats™ workshop is based on three underlying perspectives: first, by having an understanding of how anxiety develops parents can counter its progress, second, parents can take a preventative role in the development of anxiety problems, third, there are practical steps parents can take to build resilience.

Parents gain an understanding of the problem of increasing levels of anxiety in children and some strategies for its treatment.

This group is recommended for parents & carers of children aged 2 to 12 years.

Mondays from 17th August 10am to 12.30 pm
3 Week Program

41 Wilson Street, South Lismore.
Morning tea included. For bookings phone 6621 2489.



Family Support Network Inc www.fsn.org.au
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