

Family First

Parenting & Carer Group | CAFS Program

A 6-week program supporting connection, wellbeing & positive parenting

Program to support families

Join a supportive group for parents and carers to build connections, share experiences, and access practical strategies and local support services.



When

Weekly | 90-minute sessions - Mondays - Term based 10am to 12pm



Where

Junee Community Centre - 106 Lorne Street, Junee NSW 2663



For

Parents, carers & families in the Junee community



Cost

FREE — Please contact JCC for participation

Weekly Topics

Topic 1: Welcome & Connection

Topic 2: Parenting Under Pressure

Topic 3: Understanding Children's Behaviour

Topic 4: Routines & Structure

Topic 5: Emotional Wellbeing

Topic 6: Support Services & Community Connections

For more information, contact:

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