



# Term 2 Planner

	Program	Program Type	Time	Location	Booking Required
<b>Monday</b>	Brookman Bubs	Playgroup 0-1 year	9.00 to 10.30am	CPC Brookman	No
	Toddler Time	Playgroup 1-2 years	9.00 to 10.30am	CPC Brookman	No
<b>Tuesday</b>	Kids Kingdom	Playgroup 0-4 years	9.00 to 11.00am	CPC Brookman	No
<b>Wednesday</b>	Ready Set Go Pre-Kindy	Transition to Kindy	9.00 to 11.30am	CPC Brookman	Yes
<b>Thursday</b>	Let's Learn English Adults	English classes All levels	9.00 to 11.00am	CPC Brookman	No
	Let's Learn English Children	English classes All levels	11.00 to 12.00pm	CPC Brookman	No
<b>Friday</b>	Sing & Grow	Music Therapy Workshop	9:30am to 10:30 am	CPC Brookman	Yes
	Leapfrogs Pre-Kindy	Transition to Kindy	9.00 to 11.30am	Yale Primary School	Yes

**To register your interest for our programs or workshops**

**Email: [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)**

**call 9235 7032**

**Download the APP "Child and Parent Centre Brookman"**

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## Parent Workshops And Events Term 2, 2021

### Mindful Parenting

*Mindfulness is proven to be helpful for anxiety, depression, and stress. It is also a helpful tool when it comes to parenting, we all know how stressful and demanding it can be! In this 2 hours workshop you will learn what mindfulness is, how to practice mindfulness and discover strategies to become a mindful parent.*

**Date:** Wednesday, 5<sup>th</sup> May 2021

**Time:** 8.45am until 10.30am

**Venue:** Bannister Creek Primary School, 20 Purley Cres, Lynwood

**Bookings are essential:** 9235 7032 or email [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)

### Heart Beat Club Free CPR and First Aid course

*The Heart Beat Club is specifically designed for parents and carers of children under five. This course CPR and first aid for common childhood injuries such as choking, poisoning and burns.*

*Please note this is not a First Aid Certificate course.*

*No Creche available*

**Date:** Friday, 7<sup>th</sup> May 2021

**Time:** 9.30am until 12.30pm

**Venue:** Child and Parent Centre Brookman, 34 Brookman Avenue Langford

**Bookings are essential:** 9235 7032 or email [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)



Child and Parent Centre  
Brookman



## **Triple P Seminar Series**

*Make parenting easier by teaching your child the social and emotional skills they need.*

### **Seminar 1: Positive Parenting**

*Introduces the core principles of positive parenting, having realistic expectations and taking care of yourself as a parent*

**Date: 26<sup>th</sup> May 2021**

**Time: 12.15pm until 2:15pm**

### **Seminar 2: Raising Confident & Happy Children**

*This seminar looks at ways to increase your child's emotional skills, build resilience and looks at the skills that are important for children to succeed at school and get along with others.*

**Date: 2<sup>nd</sup> June 2021**

**Time: 12.15pm until 2:15pm**

### **Seminar 3: Raising Resilient Children**

*This seminar talks about helping children deal with their emotions in order to develop emotional resilience.*

**Date: 9th June 2021**

**Time: 12.15pm until 2:15pm**

**Bookings:** 9235 7032 or email [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)

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