



# letter letter NEWS letter



### Hills Family Centre

T1 Level 4/437  
14 Lexington Drive  
Bella Vista NSW 2153  
PH. 8805 7288

### Marayong Families Connect

Marayong Public School  
Davis Road  
Marayong NSW 2148  
PH. 9621 3255

### Quakers Hill Family Centre

32 Highfield Road  
Quakers Hill NSW 2763  
PH. 9626 6620

### Riverstone Family Centre

Casuarina School  
Castlereagh Street  
Riverstone NSW 2765  
PH. 9627 3511

### Rouse Hill Families Connect

Rouse Hill NSW  
PH: 8805 7207



## Hills Family Centre

The Hills Family Centre offers a FREE family support service to families with children aged between 0-12 years, living in the Hills area.

The Hills Family Centre work with families to help them improve their capacity to build positive relationships with one another; support parents' development of specific skills in responding to their children's needs; and help develop strategies to appropriately address challenging behavioural and emotional issues.

Monday to Fridays, we offer appointments at our Bella Vista office or in your home, as well as after hours on Monday & Wednesday evenings between the hours of 5.00pm to 8.00pm (excluding home visits).

Together with our Rouse Hill Families Connect Team, we also offer a variety of parenting groups, seminars, social connecting groups, and support groups for mums, supported playgroups for all and a Saturday supported playgroup for dads and other early year's groups as well as great community events celebrating children and families!

The team works closely with families and carers to provide support, advice and solutions to challenges that may arise whilst raising children in their early years.

### Suburbs we service:

- Annangrove
- Baulkham Hills
- Beaumont Hills
- Bella Vista
- Box Hill
- Carlingford
- Castle Hill
- Dural
- Middle Dural
- Glenhaven
- Glenwood
- Kellyville
- Kellyville Ridge
- Kenthurst
- Maraylya
- Maroota
- Nelson
- North Rocks
- Northmead
- Oatlands
- Parklea
- Rouse Hill
- Stanhope Gardens
- West Pennant Hills



### 5 top tips for the first 5 years

1. Looking and Listening
2. Talking
3. Singing and Rhyming
4. Reading
5. Drawing and Writing



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**STRETCHING YOUR WINGS** - 7 week program for children aged 9-11 years. A group to increase resilience in children who have experienced grief and loss, parental separation and divorce or witnessed conflict between parents. Through a mixture of art activities, storytelling, music, breath work and movement. Conducted in an atmosphere of peer support with trained Family Support Workers, children will be assisted to express 'their' feelings and tell 'their' stories about adjusting to a new family situation, loss, fear, anger and grief. Over the 7 weeks, they will increase their assertiveness skills, self awareness and self-worth as well as learn tools to manage associated stress. Cost \$20

**MONDAYS 13 February to 26 March 2012 (7 weeks)**  
**4pm – 5:30pm Hills Family Centre – T1 Unit 437 Level 4/14 Lexington Drive Bella Vista**  
To register: Hills Family Centre – Jenny / Tanya 8805 7288

## TRIPLE P

Triple P helps parents to promote your child's development and communication skills, manage your child's behaviour and emotions, build a good relationship with your child and take care of yourself as a parent. Cost \$20

**MONDAYS 13 February - 19 March 2012 (6 weeks)**  
**6pm – 8pm**  
**Hills Family Centre – T1 Unit 436 Level 4/14 Lexington Drive Bella Vista**  
**No Childcare available** To register: Hills Family Centre – Tanya 8805 7288



## 123 MAGIC & Emotion Coaching - evening course

A 5 week program for parents that aims to teach effective and well researched ways to manage difficult behaviours in children aged 3-12 years. Cost \$20

**WEDNESDAYS 8 February to 7 March 2012 (5 weeks)**  
**5:30pm - 7:30pm**  
**Noahs Ark Preschool - 32 Highfield Road, Quakers Hill**  
**No Childcare available**  
To register: Hills Family Centre – Katy & Kamalini 8805 7288

## BRINGING UP GREAT KIDS

This is a 6 week parenting activity for parents and carers of children under the age of 12 years old.

This program aims to increase children's personal qualities and provide parents with the tools to continue to build positive relationships and interactions with their children. Each session, parents and carers are resourced to develop the following:

- Understand the messages they communicate to their children through their own behaviours and attitudes
- Understand and acknowledge the impact these messages have on their child
- Develop skills in identifying and managing self care and stress management associated with parenting
- Self-esteem for you and your child

Learn more about how to access professional Family Support assistance around parenting if required. Cost \$70

**THURSDAYS 16 February to 29 March 2012 (6 weeks) *No group on 8th March***  
**10:00am - 12:30pm**  
**Hills Family Centre – T1 Unit 437 Level 4/14 Lexington Drive Bella Vista**  
**Childcare available.**

To register: Hills Family Centre – Jenny / Kamalini 8805 7288



## BABY PLAYGROUP

A group for bubs who are under 12mths and mums (or dads and grandparents!) to come along and touch, taste, feel and hear to discover new information! Come along and have fun playing, enjoy meeting other babies, play with different toys and learn and develop new skills. Come chat with other parents, make new friends and share experiences! Cost \$30

**MONDAYS 20 February - 26 March (6 weeks)**

**10:30am - 11:30am**

**Mile End Community Church - Mile End Road, Rouse Hill**

Contact: Emma for registration 8805 7207

## MULTICULTURAL MUMS HUB

"Sing and Grow Music Group" is a fantastic early childhood program that utilizes active music making, singing, rhythm and movement to stimulate your child's creativity, as well as to facilitate their cognitive, social, physical and emotional development. This group is a great opportunity for parents to feel more comfortable and capable to engage in playful musical activities with their children. Cost \$30

**MONDAYS 13 February to 2 April 2012 (8 weeks) 10:30am - 12:30pm**

**Edward Purser Room. Vinegar Hill Memorial Centre, Rouse Hill Town Centre, Civic Way, Rouse Hill (above Library)**

Bookings are Essential – contact Carolina / Kamalini 8805 7208



## TUESDAY TRAILBLAZERS - free walking group

Come along for a walk in the fresh air and meet other local mums! – all welcome including bubs in prams and kids on bikes, scooters, and trikes. After walking, we stop for a FREE coffee and a chat while the kids play in the playground! \*pram friendly walking route.

**TUESDAYS 21 February to 27 March 2012 (6 weeks)**

**10:30am - 11:30am**

**Meet at the Fountain @ Rouse Hill Town Centre (town square)**

Contact: Emma for registration 8805 7207

## PLAY IN THE SECRET GARDEN - free group

Come and meet your neighbours and the people who live near and around you whilst playing, singing, making music and listening to stories! There is lift and stair access to the Secret Garden.

**WEDNESDAYS 22 February to 28 March 2012 (6 weeks)**

**10:30 am - 12pm**

**The Secret Garden (above the information centre)**

**Rouse Hill Town Centre. This group is for Preschool aged children.**

Bookings are Essential – contact Emma 8805 7207



## BREAD MAKING PLAYGROUP - baking bread from around the world!

Would you like to spend some quality time with your child, and encourage them to develop a sense of global awareness, experience a multi-sensory activity, connect with others and have fun while making new friends. Baking Bread encourages many kinds of learning for young children, which will enhance their preparation for school, in areas such as mathematics, social studies, health, science and literacy. Cost \$30

**TUESDAYS 14 February - 20 March 2012 (6 weeks)**

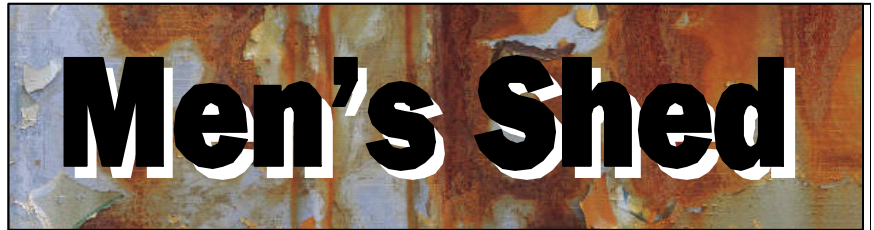
**10:00 - 12PM**

**Mile End Community Church - Mile End Road, Rouse Hill**

**This group is for Preschool aged children 3-5 years**

Bookings are Essential - contact Carolina for registration 8805 7208

The Hills Family Centre  
has a resident  
Clinical Psychologist who is a  
Child and Adolescent specialist  
and is available to provide  
psychological assessments  
and counselling to families  
referred by a Hills Family Centre  
Family Support Worker.  
For more information please call  
8805 7288 to meet with one  
of our Family Workers



**Dural Men's Shed**

Commencing in early 2012 there will be a Men's shed operating from the Dural Sport and Leisure Centre, 1 Pellitt Lane Round Corner, Dural.

The Dural Men's Shed will be run by Dural Baptist Church and will have a big range of both woodworking and metalworking equipment available for men and young men to come and use.

Consistent with the aims of the Men's Shed around Australia we want to encourage men to come and have some fun whilst doing something they enjoy or learning new skills all in the non threatening environment of men spending a bit of free time together.

Whilst still in the set up stage we are keen to hear from anyone interested in coming and just checking it out and we can pass on some more information.

The best place for initial enquiries : is via the Church office on 8989 0000

## Coming Term 2

**..... book in now to guarantee your spot!**

### **MUMS MATTERS**

On average mums spend only 20 minutes for themselves a day. This is a 6 week mother's discussion group for local mums that gives you a chance to take a time out for yourself, have a coffee and discuss issues arising from being a mum today such as; motherhood, juggling roles, relationships, stress management and more. Cost \$30

**TUESDAYS 1 May to 19 June (8 weeks) 10am – 12pm**

**Mile End Community Church - 21 Mile End Road, Rouse Hill**

**Childcare available limited spaces**

Contact: Hills Family Centre – Carolina / Tanya 8805 7288

### **PARENTING AFTER SEPARATION AND DIVORCE - Build on your success as a Parent!**

A new group following popular demand

Successful parents build good relationships with their children, manage their own difficult emotions and behaviours and handle their own feelings. When parents separate or divorce, children still need exactly what they needed before – a secure emotional relationship with a trusting loving parent, routines, structure, protection, and encouragement to learn. In times of change expect to see differences in your child's behaviour, this is a common response to stress or major change, and it will pass. Cost \$20

In this 8 week parenting program, you will discuss and share resources needed to build on your success as a parent!

**WEDNESDAYS 2 May to 20 June 2012 (8 weeks)**

**6:00pm - 8:00pm**

**Hills Family Centre – T1 Unit 436 Level 4/14 Lexington Drive Bella Vista**

**No Childcare available**

Contact: Hills Family Centre – William 8805 7288