



2025 : term 4

FREE parenting programs & playgroups

Mini Maxi Wednesday Playgroup

15 October to 10 December
(9 weeks)
Wednesdays: 10:00am to 12:00pm

Mini Maxi Friday Playgroup

17 October to 12 December
(9 weeks)
Fridays: 10:00am to 12:00pm

DADS&bubs Saturday Playgroup

18 October to 13 December
(8 weeks)
Saturdays: 9:30am to 11:00am

Tuning in to Kids

21 October to 18 November
(5 weeks)
Tuesdays: 10:00am to 12:00pm
Limited childcare available

Webinar: The Power of Play (Online)

4 November
Tuesday: 7:00 pm to 8:30 pm

Webinar: Calming the Sibling Storm: 'Practical Strategies for smoother sibling relationships' (Online)

11 November
Tuesday: 7:00pm to 8:30pm

Register for
Playgroups via
QR code



or
[https://bit.ly/
2Zlo5jV](https://bit.ly/2Zlo5jV)

Register for
Programs via
QR code



or
[https://bit.ly/
3ai0dZh](https://bit.ly/3ai0dZh)



the northern centre
care. connect. grow. our community

Bookings open 10 September 2025
<https://thenortherncentre.org.au/>

View further program
details over page.

parenting program & playgroup overview

Mini Maxi Supported Playgroup – Wednesdays

9-week program for parents/carers of children under 5 years old. Mini Maxi Supported Playgroup aims to reduce social isolation and connect families to the community they live in. Mini Maxi also supports parents with information and guidance about issues they may be experiencing with parenting.

Mini Maxi Supported Playgroup – Fridays

9-week program for parents/carers of children under 5 years old. Maxi Supported Playgroup aims to reduce social isolation and connect families to the community they live in. Mini Maxi also supports parents with information and guidance about issues they may be experiencing with parenting.

DADS'Nbubs Playgroup – Saturdays

Dad's/Carers come and enjoy a relaxed welcoming space just for you and your child. An 8-week program designed to provide opportunities for dads/carers and their children 0-5 years old to explore the importance of play, build on their parenting skills and enable parents/carers to develop social networks and connections.

Tuning in to Kids - Tuesdays

5-week program for parents of 4 to 10 year olds. Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

Webinar: The Power of Play – Online

Play is a vital tool for your child's emotional, cognitive, and social development. Discover how play can boost learning, strengthen parent-child bonds, and nurture resilience. This engaging session offers insights, strategies, and fun, age-appropriate play ideas to help you support your child's growth. Whether you're a new parent or simply looking to refresh your parenting toolkit, this webinar is for you!

Webinar: Calming the Sibling Storm: "Practical Strategies for smoother sibling relationships" – Online

Discover how to foster positive sibling relationships and turn conflicts into opportunities for growth. This webinar will provide practical tools to help you manage sibling rivalry, reduce tension, and create an environment of mutual respect and cooperation. Learn how to support your children in building lifelong bonds, learning to problem solve and building meaningful connections with their siblings.

For further details contact us on 9334 0111 or connect@tncinc.org.au.