

# TERM 1 | 2025

## Group Program Schedule

### PARENTING, EDUCATION & SUPPORT PROGRAMS



SUTHERLAND SHIRE  
RESIDENTS ONLY

**\$80**  
per term

#### Mums & Bubs Yoga

An 8-week yoga program for mums and their babies. Please note that babies must be under 6 months old to attend. Mums will build strength, reduce stress and increase connection with themselves and their babies.

#### Mondays for 8 weeks

The Family Co. @ Jannali  
**9.30am - 10.30am**  
Starts: 10th February  
Ends: 31st March



SUTHERLAND SHIRE  
RESIDENTS ONLY

**\$20**

#### Meet Anxiety

A 3-week online parent education course designed to help you to support your child to better manage their anxious thoughts. You'll better understand their nervous system and how to help them regulate and soothe.

#### Tuesdays for 3 weeks

Online via Zoom  
**7.00pm - 8.30pm**  
Session 1: 4th March  
Session 2: 11th March  
Session 3: 18th March



SUTHERLAND SHIRE &  
ST GEORGE RESIDENTS

**FREE**

#### Healing Connections

A 6-week program for parents and caregivers to strengthen attachment in parental relationships. Learn about the effects of trauma on children and how to foster healing through safe, secure connections.  
*\* Designed for mothers after leaving domestic violence.*

#### Thursdays for 6 weeks

The Family Co. @ Jannali  
**10.00am - 12.00pm**  
Starts: 13th February  
Ends: 20th March



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RESIDENTS ONLY

**FREE**

#### Pathway of Change

Delivered in a nurturing and safe group setting. A space for women to come together to learn the complexity of Domestic and Family Violence. Designed to reduce the social isolation of their experience.

#### Fridays for 5 weeks

The Family Co. @ Jannali  
**10:00am - 12:00pm**  
Starts: 21st February  
Ends: 21st March

### ABORIGINAL PROGRAMS



SUTHERLAND SHIRE &  
ST GEORGE RESIDENTS

**FREE**

#### Koori Kids Playgroup

Held during school term. This playgroup has a great emphasis on supporting Cultural Identity for all Aboriginal Children. Come along to play, socialise, have a yarn, paint, throw a ball and sing together.

#### Wednesdays in school term

The Family Co. @ Jannali  
**10:30am - 12:30pm**  
Starts: 12th February  
Ends: 09th April



SUTHERLAND SHIRE &  
ST GEORGE RESIDENTS

**FREE**

#### Little Koori Thinkers

Held during school term. This Early Educational Support is designed for K-2 Aboriginal Children. Please note that service is only available to kids who are living in the Sutherland Shire and St. George region.

#### Wednesdays in school term

The Family Co. @ Jannali  
**3:45pm - 5:00pm**  
Starts: 12th February  
Ends: 09th April



SUTHERLAND SHIRE &  
ST GEORGE RESIDENTS

**FREE**

#### Coffee & Connect

Held during school term. A supportive & safe social group for families of defence force members to connect with others through shared and similar experiences. Playgroup facilities are also available at this time during the group.

#### Tuesdays in school term

The Family Co. @ Jannali  
**9:30am - 11:00am**  
Starts: 11th February  
Ends: 8th April



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RESIDENTS ONLY

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#### Play & Connect

Held during school term. A playgroup for families with children aged 0-5 living in the Sutherland Shire. Fun, interactive and educational activities held each week to create connection for both children and parents alike.

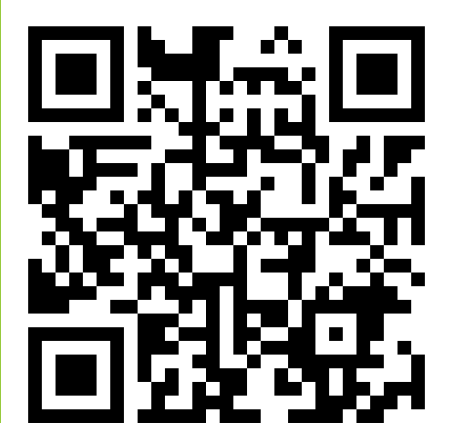
#### Tuesdays in school term

The Family Co. @ Jannali  
**9:30am - 11:00am**  
Starts: 11th February  
Ends: 8th April

**The  
Family  
Co.**

To enquire or enrol in any of our programs or support groups, please call (02) 9528 2933 or register online at [thefamilyco.org.au](http://thefamilyco.org.au)

**Enquiries  
& sign ups**



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