

GROUP PROGRAM SCHEDULE

PARENTING PROGRAMS



FREE

Tuning into Kids

A 4-week abridged parent education program that helps parents and carers support their child's emotional development and build stronger relationships with their children. Support your child to manage big emotions, develop problem-solving skills, and build confidence, resilience and emotional intelligence.

SUTHERLAND SHIRE AND GEORGES RIVER RESIDENTS

Wednesdays for 4 weeks
The Family Co. @ Jannali
6:00pm - 8:30pm
Starts: 28th Oct 2026
Ends: 18th Nov 2026

DV SUPPORT



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.

SUTHERLAND SHIRE & GEORGES RIVER RESIDENTS

Fridays for 5 weeks
The Family Co. @ Jannali
10:00am - 12:00pm
Starts: 16th Oct 2026
Ends: 13th Nov 2026

PLAYGROUPS



FREE

Play and Connect

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

Play and Connect Hurstville is proudly funded under the ClubGRANTS scheme by Club Central Hurstville a shared State Government and Club Industry initiative.

GEORGES RIVER RESIDENTS

Thursdays in school term
The Family Co. @ Hurstville
10:00am - 11:30am
Starts: 15th Oct 2026
Ends: 3rd Dec 2026



FREE

Play and Connect

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

SUTHERLAND SHIRE RESIDENTS

Tuesdays in school term
The Family Co. @ Jannali
9:30am - 11:00am
Starts: 13th Oct 2026
Ends: 1st Dec 2026

ABORIGINAL PROGRAMS



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.

OPEN REGISTRATION

Wednesdays in school term
The Family Co. @ Jannali
10:30am - 12:30pm
Starts: 14th Oct 2026
Ends: 2nd Dec 2026



FREE

Little Koori Thinkers

Held during school term. This Early Educational Support is designed to assist Aboriginal Children from K-2 that live in the Sutherland Shire and St. George region. Homework help, community connection, and support.

SUTHERLAND SHIRE AND GEORGES RIVER RESIDENTS

Wednesdays in school term
The Family Co. @ Jannali
3:45pm - 5:00pm
Starts: 14th Oct 2026
Ends: 2nd Dec 2026

SOCIAL SUPPORT



\$110 per term

Mums & Bubs Yoga

A 6-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, while building connections with others mums.

OPEN REGISTRATION

Mondays for 6 weeks
The Family Co. @ Jannali
9:30am - 10:30am
Starts: 26th Oct 2026
Ends: 30th Nov 2026



FREE

Kids Cove

Kids Cove is an after-school kids club focused on building social skills, boosting confidence and fostering friendships. Through fun, interactive activities, Kids Cove promotes creativity and personal growth in a safe, nurturing environment.

This program is proudly funded by Georges River Council



GEORGES RIVER RESIDENTS

Thursdays in school term
The Family Co. @ Hurstville
4:00pm - 5:30pm
Starts: 15th Oct 2026
Ends: 3rd Dec 2026



FREE

Kids Cove

Kids Cove is an after-school kids club focused on building social skills, boosting confidence and fostering friendships. Through fun, interactive activities, Kids Cove promotes creativity and personal growth in a safe, nurturing environment.

This program is proudly funded by Sutherland Shire Council's 2026-27 Community Grants and Subsidies Program.



SUTHERLAND SHIRE RESIDENTS

Tuesdays in school term
The Family Co. @ Jannali
3:45pm - 5:15pm
Starts: 13th Oct 2026
Ends: 1st Dec 2026

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

(02) 9528 2933
info@thefamilyco.org.au

90 Soldiers Road,
Jannali, NSW 2226

Shop 9 / 3 Cross Street,
Westfield Hurstville,
Hurstville, NSW 2220

Enquiries
& sign ups

