

Queanbeyan Schools as Community Centres - SaCC & Partners

Activities - Term 1/ 2024

IMPORTANT: We are running all groups following NSW Health and NSW Education guidelines. PLEASE contact the **key person** (follow the colours), for more information/ register/ join any group.

• Mondays •

Let's Do Yoga, SaCC, **9.30 am**
Snuggle'n Sing, Braidwood, **9.30am**
Snuggle'n Sing Babies, Qbn Baptist Church, **9.30am**
Snuggle'n Sing Toddlers, Qbn Baptist Church, **10.30am**
Toddler Time, Queanbeyan Library, **10am**
Yoga for Mums&Bubs, SaCC, **10.30am**
Storytime & Connection, Blackall Ave Park, **11.30am**
Bogong Boori's Playgroup (Aboriginal and Torres Strait Islander children), Queanbeyan South PS, **12 pm**
Pre-Natal Yoga, SaCC, **3.30pm**
Circle of Security Parenting Course, Karabar, **6pm**

• Tuesdays •

Supported Playgroup Toddlers, SaCC, **9.30am**
Intergenerational Playgroup, **10.30am**
Supported Playgroup Babies, SaCC, **12pm**
Circle of Security Parenting Course, SaCC, **4pm**

• Wednesdays •

Snuggle'n Sing, Bungendore, **9am**
Kindy Gym, SaCC, **9.30 & 10.15am**
Young Parents Playgroup, Axis, **10am**
Storytime, Queanbeyan Library, **10am**
Storytime, Braidwood Library, **10am**
Music Play, Queanbeyan Library, **11.15am**
Music and Movement, SaCC, **2pm**

• Thursdays •

Transition to School, SaCC, **9.30am**
Googong Pathways to School, GPS, **9.45am**
Storytime, Bungendore Library, **11am**
Terrific Tykes, Qbn Baptist Church, **12pm**
Googong Pathways to School, GPS, **12.30pm**
Transition to School, Qbn East, **1pm**

• Fridays •

Multicultural Playgroup, SaCC, **9.30am**
Baby Bounce, Queanbeyan Library, **10am**
Infant Massage, SaCC, **12pm**
pLAyBA group, SaCC, **1pm**

We are receiving EOLs for groups for

Tuning into Kids, Circle of Security & Triple P (Stepping Stones) Parenting Courses, to register on waitlist please contact Alison, email: alison.costerecampbellpage.org.au

Dads and father figures are invited to join "**Queanbeyan SaCC Dads' group**"

*For details about each group, please look on the next page and/or contact the key person during work hours:

Paola or Annette (Queanbeyan SaCC) ph. 02 6297 2167 or email: paola.mendez@det.nsw.edu.au

****Queanbeyan SaCC is located on Isabella Street (Queanbeyan Public School grounds)****

• Helping Hands Program Groups •

For more information and to register, contact **Alison, Helping Hands Program** ph. 0417 154 583 email: alison.costerecampbellpage.org.au

• QPRC Library Activities •

For more information and to register, please contact **QPRC Library** on their website: <https://library.qprc.nsw.gov.au/services/children>

• NSW Aboriginal Health •

For more information and to register, please contact **Deanne Pikula** ph. 0476 221 179

First day of Term: **Monday, 5 of Feb.** Last day of Term: **Friday, 12 of April**

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"Queanbeyan SaCC"



Education



Schools as Community Centres



Health Southern NSW Local Health District



A little bit more information about some of the groups

Activities Term 1/ 2024

• Bogong Boori's Playgroup •

Come and have fun with your Boori's!
Meet new people, experience culture and get information on services. To register, please contact **Deanne** from NSW Aboriginal Health.

• Let's Do Yoga •

Join Suzzana Thell, director of Yoga Garden for 10 sessions of creative yoga play, deepening connections with self, nature & one another. For children from 3 to 5 years and their parents. To register, please contact **Paola**.

• Yoga for Mums & Bubs •

Join Bec, and learn how to incorporate important self-care and stress management techniques into your routine as a busy mamma. For mums with babies under 12 months. To register, please contact **Paola**.

• Pre-Natal Yoga •

Join Paola to enjoy a program of six (6) sessions to activate, increase flexibility and prepare your body and heart for your baby. For mums in their second trimester of pregnancy. To register, please contact **Paola**.

• Storytime & Connection •

A Storytime & Parents Connection group in Queanbeyan West (Blackall Avenue Park) for families with children from 0 to 5, to listen to stories, share songs and connect with other parents. To register, please contact **Paola**.

• Snuggle'n Sing •

A fun and relaxed time to bond with your child to sing songs and tell rhymes. There are limited places. To register, please contact **Helping Hands Program**.

• Intergenerational Playgroup •

Parents and children 0-5 years old who would like to connect with young at heart elders as we sing, share stories & activities together. To register, please contact **Helping Hands Program**.

• Young Parents Playgroup •

A group for young parents with children aged 0-5yr. There will be songs, stories, free play and craft activities for the little ones as well as guest speakers and activities for the parents. Morning tea will be provided. To register, please contact **Helping Hands Program**.

• Terrific Tykes •

A playtime for 0-5 years old and their grown up. Providing social interaction for parents and their children. Linking into information relevant to the children's individual ages and stages. To keep up to date with current activities contact **Helping Hands Program**.

• Supported Playgroup •

A playgroup for families with children from 0 to 5 years old. Join us to play and help your child to develop lots of new skills in a fun and safe space, and connect with other parents and local community services. Group for babies and older children occur weekly. To register and be placed in a group, please contact **Paola**.

• Music and Movement •

A fun, musical and engaging session to enjoy with your child. A 40-minutes session for children from 1 to 2.5 years old and their carers. To register, please contact **Paola**.

• Kindy Gym •

A fun, gymnastics circuit for children 3.5 - 5 years old, who may be starting school in 2025. Run by a qualified Southern Canberra Gymnastics Club coach. Kindy Gym has a waitlist. To register, please contact **Paola**.

• Transition to School Playgroup •

This group will be run at SaCC and at Queanbeyan East Public School, and Googong Public School for children 3.5 - 5 years old, who may be starting school in 2025 and have no other formal childcare available. Run by a qualified educator/teacher. We focus on the skills children need to get ready for school. To register, please contact **Paola**.

• Multicultural Playgroup •

Come along to meet other dads, mums, grandparents and carers, to play and help your little ones develop new skills. Together let's share our diversity. To register, please contact **Paola**.

• Infant Massage •

Join in the fun with easy to follow, step-by-step, in-class demonstrations over four (4) sessions. A rewarding activity for both you and your baby, and meeting other parents. To register, please contact **Paola**.

• play-BA group •

A space to connect with other new parents with little ones from 0 to 12 months. A group lead by a local mums with the Australian Breastfeeding Association (ABA) support. For more details and register, please contact **Paola**.

• Queanbeyan SaCC Dads' Group •

An online/live support group where dads and father figures can gather, share, learn and laugh with each other and their kids. A group supported by The Fathering Project. Contact **Paola** to access and get more information about the face-to-face event during the term.