



Phone 4720 6500 or [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)

Program	Date/Time	Location	Register
<p><b>Circle of Security</b></p> <p><b>DADs GROUP:</b> Eight week program to form secure relationships and stronger bonds with your children.</p>	<p>Every Wednesday</p> <p>23rd Oct - 11th Dec</p> <p>6:30pm - 8:00pm</p>	<p>Heatherbrae</p> <p>1 Benang Street</p> <p>LAWSON</p>	 <p><a href="#">Click here to register:</a></p>
<p><b>Tuning in to Teens</b></p> <p>Six week program that teaches parents to help teens understand and regulate their emotions.</p>	<p>Every Monday</p> <p>28th Oct - 2nd Dec</p> <p>6:30pm - 8:00pm</p>	<p>Online via</p> <p>ZOOM</p>	 <p><a href="#">Click here to register:</a></p>
<p><b>Fear-Less Triple P</b></p> <p>Three hour seminar to help your child manage anxiety and become more emotionally resilient.</p>	<p>Wednesday</p> <p>13th November</p> <p>9:30am - 12:30pm</p> <p><b>** Childcare available</b></p> <p><b>** Must register</b></p>	<p>Gateway FS Office</p> <p>cnr Station &amp; Henry St</p> <p>PENRITH</p>	 <p><a href="#">Click here to register:</a></p>
<p><b>Cybersafety Talk</b></p> <p>1.5 hr seminar to help your kids and teenagers be safe and responsible users of technology.</p>	<p>Tuesday</p> <p>12th November</p> <p>6:30pm - 8:00pm</p>	<p>Blaxland High School</p> <p>3/9 Coughlan Rd</p> <p>BLAXLAND</p>	 <p><a href="#">Click here to register:</a></p>
<p><b>Circle of Security</b></p> <p>Eight week program that helps parents form secure relationships and stronger bonds with their children.</p>	<p>Every Thursday</p> <p>24th Oct - 12th Dec</p> <p>6:30pm - 8:30pm</p>	<p>Gateway Office</p> <p>70 Old Bathurst Rd</p> <p>BLAXLAND</p>	 <p><a href="#">Click here to register:</a></p>