

Tuesday

9.30am - 11.30am	Perinatal Mental Health	Explore the challenges of motherhood focusing on stress management, self-esteem, coping strategies, relaxation, and self-care.
12.15pm - 2.15pm	Circle of Security Parenting	Supports parents and caregivers to develop safe, strong, nurturing relationships with their child/ren.

Wednesday

9.15am - 11.15am	Circle of Security Parenting	Supports parents and caregivers to develop safe, strong, nurturing relationships with their child/ren.
10am - 12pm	Moorditj Marra Women's Yarning (Fortnightly)	Come have a yarn, tea or coffee and a feed while participating in a variety of activities while supporting each other to become strong indigenous women in our community.
12.15pm - 2.15pm	Emotional Health & Wellbeing	Learn the essential psychological skills to nurture your emotional well-being and embrace healthy eating behaviours.

Thursday

9.30am - 11.30am	Circle of Security Support Group	After completing the Circle of Security Parenting program, explore your strengths and struggles whilst interacting with your child/ren in our Early Childhood Centre.
9.30am - 11.30am	Surviving to Thriving	A trauma informed program designed to heal and empower women who have experienced family violence.
11.30am - 12.30pm	Healing Yoga	Tailored for trauma survivors, this practice merges ancient yoga wisdom with modern therapeutic techniques, fostering a secure and supportive healing space.
3.30pm - 5pm	Onwards & Upwards	A uniquely designed therapeutic group for kids aged between 8 -12 years to come together and get creative whilst developing key skills such as emotional intelligence and resilience.

Friday

11am - 1pm	Moort Waabiny Playgroup (Fortnightly)	Join us for a yarn as your child/ren meet others, participate in a variety of activities, connect with culture and create memories. Lunch included!
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