



OUR TERM 4 PROGRAMS

catholiccaredbb.org.au/brochures

TUNING INTO KIDS

For parents of primary school children on how to develop your child's emotional intelligence.

Tuesday's
16, 23, 30 October &
6, 13, 20 November
10.00am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue,
Naremburn

Cost
\$50.00

INFANT MASSAGE MANLY

For pre-crawling babies up to 7 months. Run by a certified infant massage instructor.

Tuesday's
16, 23, 30 October &
6, 13 November
10.30am – 11.30am

Community Northern Beaches
12 Wentworth Street,
Manly

Cost
FREE

TRIPLE P PARENTING

For parents of children aged 2-9 years providing practical answers to everyday questions.

Wednesday's
10, 17, 24 October
6.30pm – 8.00pm

Avalon Recreation Centre
59 Old Barrenjoey Road,
Avalon

Cost
FREE

INFANT MASSAGE NAREMBURN

For pre-crawling babies up to 7 months. Run by a certified infant massage instructor.

Wednesday's
17, 24, 31 October &
7, 14 November
10.30am – 12.00pm

Naremburn Family Centre
40 Merrenburn Avenue,
Naremburn

Cost
FREE

KEEPING KIDS IN MIND

For parents experiencing conflict after separation and want to understand how to support their child.

Tuesday's
30 October &
6, 13, 20, 27 November
6.00pm – 8.30pm

Naremburn Family Centre
40 Merrenburn Avenue,
Naremburn

Cost
\$100.00

INFANT MASSAGE BROOKVALE

For pre-crawling babies up to 7 months. Run by a certified infant massage instructor.

Saturday's
10, 17, 24 November &
1 December
10.30am – 12.30pm

Northern Beaches Family Centre
116/20 Dale Street,
Brookvale

Cost
FREE

P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

P: (02) 8043 2600
E: intakefs@catholiccaredbb.org.au

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E: intakefs@catholiccaredbb.org.au

P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

P: (02) 8425 8700
E: nfc@catholiccaredbb.org.au

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