

PLAYGROUP

September 2009

Newsletter 3

Well, it feels like we are finally getting over the chills of winter. It sure makes getting out of bed in the morning easier when the sun is shining and you can feel spring in the air.

There is lots to look forward to next term, as you can see in this newsletter. Why not print it out so that you can refer to it, or jot the dates in your diary straight away.

Mothering Matters is on again for those mums who are free on Fridays. Mums who have attended in the past have found the group very informative, helpful and encouraging. Also, we would like to draw your attention to the programs offered on Tuesday evenings through LifeForce (refer to p2 of newsletter). The Positive Parenting course is facilitated by Mary Miles who has attended two of our Thursday sessions of playgroup this term. The playgroup parents were able to draw from Mary's invaluable experience and knowledge of parenting and we are looking forward to hearing more from her during the course which is also open to dads. Also, every marriage can be better and the Marriage Enrichment Weekend gives you the skills and time to do exactly that. Why not think about investing some time into your marriage - your whole family will benefit.

We are coming to that time of year where we ask you to think about what you will be doing next year. Early in term 4 re-enrolment forms will be handed out so that you can let us know if you will be returning to Playgroup in 2010 and what your preferences will be regarding session days and times. Just a reminder, all children who were born in 2005 will be graduating from Playgroup at the end of this year. Also, if you have friends that may be interested in attending next year invite them along to one of our sessions so they can see what we do at playgroup.

We will also be having a Playgroup Photo Day where we will take a group photo as a memento of the year. These will be available to order on the day.

Ellen & Cathy
Playgroup Co-ordinators

Playgroup Photos

will be taken in Week 3 (19th-22nd Oct), we'd love to see you in it, so put this date in your diary and make sure you're there!



What's on in Term 4?

Next term, week 6, we will be having...

Green Day



Come dressed in GREEN, bring a GREEN item from home to share about and join in some GREEN fun...



mothering matters

Presents...

"What Every Child Needs"

Term 4: 9th Oct - 20th Nov, 2009

When: Fridays 10am - 12pm

Where: Playgroup Room

Cost: \$10

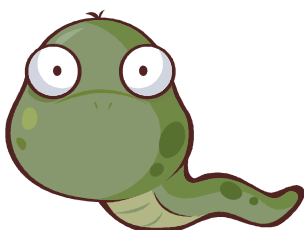
Child Care available on site: \$2 per child per week

This course draws on the insights of mums and on the latest research to help you recognise and meet your children's basic needs for: Security, Affirmation, Belonging, Discipline, Guidance, Respect, Play, Independence and Hope.

During each session you will learn from sound advice, be inspired by moving stories and wise, witty quotes, be encouraged through participation in discussion groups and be equipped with practical suggestions for how to start meeting your child's different needs. This course will help give you what *you* need to give your children what *they* need, so that you can let go of nagging fears and self-doubts, and take hold of healthy and effective parenting.

(Mothering Matters is a parenting program for mothers of pre-schoolers that offers a range of courses in Terms 2 & 4. It is a ministry of Wodonga District Baptist Church-no church affiliation required.)

Register at the church office on 6056 1777 or email playgroup@wodongabaptist.org.au



Holiday Craft: Bean Bag Boa (or Stocking Snake)

Cut off the leg of a pair of stockings (or use a knee-hi stocking) and get your child to help fill with beans. Tie the end in a knot and use a piece of string to tie off a head at the other end. Help your child to decorate it with googly eyes, wool for hair and button spots. Have fun!

Positive Parenting Course (Children 0-12 years)

Facilitated by Mary Miles (Dip Ed, MA Counseling)

4-sessions Time: 7.00pm to 9.00pm Date: 20/10/09 to 10/11/09

Mary has been a teacher for almost thirty years and is currently employed as the Children's Counselor at Gateway Community Health and as the Senior Counselor at Mustard Seed Counseling and Care. She has taught parenting courses for parents of children aged from 0-12 years old for many schools and services and has first hand experience of mothering her own four sons. We are delighted to have her present her program here at WDBC.



Grief and Loss Education (Adults)

Facilitated by Gayle Hill (Dip Welfare, Post Grad VET, MA Counselling) and Karen McGorlick

2-sessions Time: 7.00pm to 9.00pm Dates: 20/10/09 and 27/10/09

Gayle has worked in Palliative Care for 7 years and is a qualified Grief and Loss Counsellor/Educator. She now works as an Associate Pastor of Wodonga District Baptist Church in Pastoral Care and Counselling. She is also the Director of Mustard Seed Counselling and Care. Karen is the Co-ordinator of the "Lifekeys" programs at WDBC and has worked for many years supporting people through depression, grief and loss.



Marriage Enrichment Weekend

Facilitated by Warren and Gayle Hill and Roger and Lynne Nicholson.

Time: 7.00pm Friday 27th November to 1.00pm Sunday 29th November. (Cost to be Advised).

This weekend will enable couples to experience the Lifekeys "Making Marriage Better" program over a weekend. Areas covered include: Keys to a lasting relationship, communication, conflict management, sexuality and intimacy, family of origin and investing time. There will be opportunity to enjoy an evening dinner together and "time out" for couples. Expressions of interest are welcomed as soon as possible in order to confirm accommodation.



Cost: \$25 per participant for Positive Parenting Course.

\$20 per participant for Grief and Loss

TBA for Marriage Enrichment Weekend

Contact Grace or Gayle for more information and to make bookings: 02 6056 1777
gjones@wodongabaptist.org.au or ghill@wodongabaptist.org.au

(LifeForce is a Ministry of Wodonga District Baptist Church - no church affiliation required to attend)