

A Guide to Playgroups and Other Programs for the Parents, Carers and Families of Cairns



PLAYGROUPS ARE:

- ◆ ABOUT PLAY
- ◆ CHILD-FOCUSED, CHILD-INCLUSIVE AND DEVELOPMENTALLY APPROPRIATE
- ◆ ABOUT CONNECTION
- ◆ SAFE AND WELCOMING
- ◆ FLEXIBLE
- ◆ MOST IMPORTANTLY THEY ARE FUN



Cairns Central and Cairns West Playgroups



Playgroup

Queensland

Ph: 1800 171 882 email: info@playgroupqld.com.au web: playgroupqld.com.au

Cairns Korean Playgroup

Where: Korean Church 32 Brown St, **WESTCOURT** QLD 4870

When: Monday from 9.30am – 11.30am

Enquiries: 1800 171 822

SUPPORTED PLAYGROUP. Facilitated Playgroup with a regular routine group story/music sessions and a range of organised activities for babies toddlers and pre-schoolers. Targeting Korean families but all welcome. Information available on local community services. Sharing of Korean culture and sharing knowledge of school system.

Edge Hill Kool Kidz Playgroup

Where: Old Progress Association Hall 406 Mayers St, **EDGE HILL** QLD 4870

When: Wednesday 10.00am to 12 noon during the school term

Enquiries: 1800 171 822

A Playgroup with both structured and unstructured activities. Plenty of space, toys and climbing apparatuses for the children to enjoy. Air conditioned in summer. We bring a piece of fruit each to share and one family provides morning tea each week on rotating basis. For 0-5 years

Japanese Monday Playgroup

Where: Bella Vista Community Hall 85 Loridan Dr, **BRINSMEAD** QLD 4870

When: Monday 9.30am to 12.30pm during the school term

Enquiries: 1800 171 822

Playgroup for families interested in Japanese culture including culturally themed dancing, singing & craft. Playgroup has a regular routine, safe outdoor play area, group/story music time and a range of organised activities for toddlers. For 0-5 years

MyTime Cairns Playgroup

Where: Parramatta ECDU Minnie St, **PARRAMATTA PARK** QLD 4870

When: Wednesday 9.30am – 11.30am

Enquiries: 1800171882

MyTime provides support for parents and carers of children aged 0 – 18 years with a disability, chronic medical condition or developmental delay. MyTime groups generally meet once a fortnight and enable parents and carers to meet over a coffee and share experiences, listen to guest speakers or enjoy the occasional 'pamper' session. A Facilitator supports the group and a Play Helper assists with the care of children up to school age.

Cairns North Playgroups



Playgroup

Queensland

Ph: 1800 171 882 email: info@playgroupqld.com.au web: playgroupqld.com.au

Caravonica State School Playgroup

Where: Caravonica State School 3/1115 Kamerunga Rd, **CARAVONICA** QLD 4878

When: Wednesday from 9.00am – 11am during the school term

Enquiries: 1800 171 822

School Based Playgroup run with the support of the school. Sessions include a regular routine, safe outdoor play area, group story/music time and a range of organised activities for babies, toddlers and pre prep aged children. For 0-5 years

Machans Beach Playgroup

Where: Machans Beach State School 61 Machans St, **MACHANS BEACH** QLD 4878

When: Wednesday 9.00am – 11.00am during the school term

Enquiries: 1800 171 822

Ages 0-5 years. No weekly visit fee. Playgroup run with the support of the School. Sessions have a regular routine, safe outdoor play area, group story/music time and a range of organised activities for babies, toddlers and pre prep aged children.

Northern Beaches Playgroup

Where: Kewarra Beach Community Hall 41 Poolwood Rd, **KEWARRA BEACH** QLD 4879

When: Monday 9.30am – 11.30am

Enquiries: 1800 171 822

A friendly playgroup that welcomes new Mums and their kids. We have lots of great toys inside and out and a beautiful leafy grassy outside area with a covered sandpit and playground. We love to do craft activities, play instruments and sing. Group continues to meet during school holidays. For 0-5 years

Tropical Babies Playgroup

Where: Kewarra Beach Community Hall 41 Poolwood Rd, **KEWARRA BEACH** QLD 4879

When: Thursday 9.30am – 11.30am

Enquiries: 1800 171 822

Informal Playgroup with regular routine, safe outdoor play area, organised activities for toddlers and pre-prep aged children. We are a mixed group of mums, dads and grandparents who meet up every week so the kids can have fun and run off some energy. We like to enjoy a relaxed, flexible and open time for making friends, catching up with old ones and simply playing. Group continues to meet during school holidays. For 0-5 years

Play & GrowWhere: Yorkys Knob Community Centre, **YORKYS KNOB** QLD

When: Monday 9.00am – 11.00am

Enquiries: 1800 236 762

Early learning play experience and child health checks. Open to all families

Move Baby MoveWhere: Marlin Coast Neighbourhood Centre, **TRINITY PARK** QLD

When: Monday 12.30pm – 1.30pm

Enquiries: 1800 236 762

Enjoy time with your baby in a supportive environment and make new friends.

Explorers PlaygroupWhere: Yorkys Knob Community Centre, **YORKYS KNOB** QLD

When: Thursday 9.30am – 11.15am

Enquiries: 1800 236 762

A playgroup for children aged 0-5 years whose parents have concerns with their child's development, or have developmental delay or disability. Siblings welcome

Cairns South Playgroups



Playgroup

Queensland

Ph: 1800 171 882 email: info@playgroupqld.com.au web: playgroupqld.com.au**Bayview Heights Community Kindergarten**Where: C&K Kindergarten 6 Jasper Street, **WOREE**

When: Monday 9:30 am-11:00am during the school term

Enquiries: 1800 171 822

Informal Playgroup with regular routine, safe outdoor play area, group story/music time and a range of organised activities for babies and toddlers. For 0-5 years

Cairns Adventist College

Where: Cairns Adventist College 42 Crossland Road, **GORDONVALE**
When: Monday 9:30 am-11:30am during the school term
Enquiries: 1800 171 822

Offering a semi-structured program with a mix of indoor and outdoor activities for mums and children.
For 0-5 years

Hambledon Playschool

Where: Hambledon State School 230/77-81 Stokes St, **EDMONTON** QLD 4869
When: Tuesday 9.15am – 11.15am during the school term
Enquiries: 1800 171 822

Ages 4-5 years (Pre-prep/Kindy Age). No weekly visit fee School Based Playgroup supported by the Hambledon State School. Group follows school term calendar. Hambledon State School has established a school-based Playgroup to help local families and young children make a smooth transition to Prep. Children can come along and make friends and participate in lots of fun play based activities such as painting, playdough and craft. Hambledon Playschool is facilitated by a qualified Early Childhood Teacher and has a strong emphasis on oral language, early literacy and school readiness. Adults are given the opportunity to connect with other families in their local community, access information about quality Early Childhood Education and make links with other support services. Hope to see you soon!

Isabella State School Playgroup

Where: Isabella State School 10-20 Walker Rd, **EDMONTON** QLD 4869
When: Monday 9.00am – 11.00am during the school term
Enquiries: 1800 171 822

Facilitated playgroup for children aged 0 to 5 years and their families. Group meets weekly with a regular routine for babies toddlers and kindergarten aged children.

St Michael's Playgroup

Where: St Michaels School 58 Mill Road, **GORDONVALE**
When: Thursday 8:45-10:45am during the school term
Enquiries: 1800 171 822

Facilitated Playgroup with a regular routine, safe outdoor play area, group story/music time and a range of organised activities for babies, toddlers and pre prep aged children.

Ravizza Playtime

Where: Hambleton House Community Centre 177 Bruce Highway, **EDMONTON** QLD 4869

When: Wednesday 9.30am – 11.30am during the school term

Enquiries: Joanne Maher email: j.maher@cairns.qld.gov.au or call: 07 4044 3410

Playgroup for children aged from birth – school age and their parent or carer. Learning activities, story time and songs. Playtime is a free playgroup supported by Early Childhood Educators and funded through Communities for Children.

Sugarworld Playtime

Where: Sugarworld Gardens Hambleton Dr, **EDMONTON** QLD 4869

At Sugarworld Parklands under the raintree or in the building if raining

When: Friday 9.30am – 11.30am during the school term

Enquiries: Joanne Maher email: j.maher@cairns.qld.gov.au or call: 07 4044 3410

Playgroup for children aged from birth – school age and their parent or carer. Learning activities, story time and songs. Playtime is a free playgroup supported by Early Childhood Educators and funded through Communities for Children.

Woree Playtime

Where: Woree State School Cnr Rigg St & Windarra St, **WOREE** QLD 4868

When: Tuesday 9.00am – 11.00am during the school term

Enquiries: Joanne Maher email: j.maher@cairns.qld.gov.au or call 07 4044 3410

Playgroup for children aged from birth – school age and their parent or carer. Learning activities, story time and songs. Playtime is a free playgroup support by Early Childhood Educators and funded through Communities for Children.

White Rock Play & Grow

Where: White Rock State School Hall, **WHITE ROCK** QLD

When: Tuesday 8.30am – 10.30am

Enquiries: 1800 236 762

Early learning play experience to support your child's development. Open to all families.

Premmie's Play & Learn

Where: Cairns Early Years Centre, on the grounds of Bentley Park College, Borrowdale CI **BENTLEY PARK**
When: Tuesday 10.00am to 11.00am
Enquiries: 1800 236 762

A supported playgroup for premature babies. Birth to 2 years and their family.

Play & Grow

Where: Cairns Early Years Centre, on the grounds of Bentley Park College, Borrowdale CI **BENTLEY PARK**
When: Wednesday 9.00am – 11.00am
Enquiries: 1800 236 762

Early learning play experience to support your child's development. Open to all families.

Explorers Playgroup

Where: Cairns Early Years Centre, on the grounds of Bentley Park College, Borrowdale CI **BENTLEY PARK**
When: Thursday 9.30am – 11.15am
Enquiries: 1800 236 762

A playgroup for children aged 0-5 years whose parents have concerns with their child's development, or have developmental delay or disability. Siblings welcome

Parent-led Playgroup

Where: Gordonvale Early Years Centre on the grounds of Gordonvale State School, 33 Sheppards Street **GORDONVALE**
When: Monday 9.00am – 11.00am
Enquiries: 1800 236 762

A parent-led and run playgroup. Open to all families.

Bubs & Tots Play & Grow

Where: Gordonvale Early Years Centre on the grounds of Gordonvale State School, 33 Sheppards Street **GORDONVALE** & Cairns Early Years Centre on the grounds of Bentley Park College, Borrowdale CI, Bentley Park
When: Friday 9.00am – 10.30am
Enquiries: 1800 236 762

For families with children 0-2.5 years.

Play & Grow

Where: Gordonvale Early Years Centre on the grounds of Gordonvale State School, 33 Sheppards Street **GORDONVALE**
When: Thursday 9.00am – 11.00am
Enquiries: 1800 236 762

Early learning play experience and child health checks. Open to all families.

Yarrabah Playgroups



Mission Australia and Playgroup Queensland

Ph: 1800 171 882 email: info@playgroupqld.com.au

web: www.cfcsouthcairns.com.au

Djenghi Playgroup

Where: Grass area / local park Back Beach Rd, **DJENGHI** QLD 4871

When: Monday 10.00am – 12noon during the school term

Enquiries 1800 171 882

Playgroup for local families and their children. Is held in the local park out of a trailer in Djenghi and is facilitated by a locally trained facilitator. Morning tea provided. Please bring hat sunscreen and water if possible. For 0-5years

Yarrabah Young Mums Playgroup

Where: Knowledge Centre Noble Drive, **YARRABAH** QLD 4871

When: Wednesday 10.00am – 12noon during the school term

Enquiries: 1800 171 882

A Facilitated Playgroup for mothers under the age of 25 and their children.

Community Health Centres - Queensland Government

Child Health Services are provided at below locations – please phone for times.

Cairns North Community Health Centre
381 Sheridan Street, Cairns North
Phone: 4226 4315

Early Years Centre Cairns
Borrowdale Close, Bentley Park College via
McLaughlin Road, Bentley Park
Phone: 07 40346800

Smithfield Community Health Centre
16 Danbullan Street, Smithfield
Phone: 4226 4803

Edmonton Community Health Centre
10 – 12 Robert Road, Bentley Park
Phone: 4226 4945

Early Years Centre Gordonvale
33 Sheppards Street, Gordonvale 4865
Phone: 0740346860

Monday	Tuesday	Wednesday	Thursday	Friday
CAIRNS NORTH COMMUNITY HEALTH CENTRE - 381 Sheridan Street, Cairns North PH: 4226 4315				
New Parent Group 0 to 4 months 10:00am – 12 noon (Please call for start dates) Child Health Drop In Clinic 0 to 5 years 1pm – 3pm		Hearing Screening Clinic 4 – 17 years 9:00am – 3:00pm <i>(Alt Wed – please call to book)</i>	Child Health Drop in Clinic Immunisation Drop in Clinic 0 to 5 years 9:00am – 12:00noon	New Born Drop In Clinic Midwife & Child Health Nurse 0 to 8 weeks 9:00am – 2:00pm Includes feeding support
EDMONTON COMMUNITY HEALTH CENTRE - 10-12 Robert Road, Bentley Park PH: 4226 4945				
New Parent Group 0 to 4 months 10:00am – 12 noon (Please call for start dates) Hearing Screening Clinic 4 to 17 years 1:00pm – 4:00pm <i>(Alt Wed – please call to book)</i>		Child Health Drop in Clinic Immunisation Drop in Clinic 0 to 5 years 9:00am – 12 noon	Hearing Screening Clinic 4 to 17 years 9:00am – 4:00pm <i>(Alt Thurs – please call to book)</i>	
SMITHFIELD COMMUNITY HEALTH CENTRE - 16 Danbullan Street, Smithfield PH: 4226 4803				

	New Born Drop In Clinic <i>Midwife & Child Health Nurse</i> 0 to 8wks 9:00am – 2:00pm Includes feeding support	Child Health Drop in Clinic Immunisation Drop in Clinic 0 to 5 years 9:00am – 12 noon	New Parent Group 0 to 4 months 10:00am – 12 noon <i>(Please call for start dates)</i>	
EARLY YEARS CENTRE – Bentley Park and Gordonvale PH: 4034 6800				
Child Health Drop In Clinic Gordonvale 0 to 5 years 9:00am – 12:00pm		New Born Drop In Clinic Midwife & Child Health Nurse Bentley Park 0 to 8 weeks 9:00am – 2:00pm Includes feeding support		

Parent Education Courses

Bringing Up Great Kids

Description:

Bringing Up Great Kids is a reflective parenting program developed by the Australian Childhood Foundation aims to promote positive, respectful parent-child relationships.

- Learn more about the origins of your own parenting style and how it can be more effective
- Identify the important messages you want to convey to your child and how to achieve this
- Understand the messages that children convey to their parents and how they do this
- Discover how to overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be

- Learn about the importance of building self-esteem in children

- Develop strategies to manage your parenting approach despite the mounting pressures on your time and role

Contact: www.innatetherapies.com or phone 0414 480 934

123 Magic & Emotion Coaching

Description:

Learn to

- Understand your child's development
- Understand the link between your child's emotion and behaviour
- Handle challenging and testing behaviours
- Use emotion coaching to help your child understand and manage their emotions
- Strategies to encourage good behaviour and positive interactions

Contact: Hambledon House Community Centre Ph: 4044 3410

Circle of Security

Description: Designed to assist parents to provide their children with the emotional support needed to develop secure attachment, resilience and enhanced school readiness.

Contact:

Benevolent Society, Cairns Early Years Centre 40346800
Cairns Community Health Access Unit 4226 0047

The Incredible Years

Description: Group-based social learning model programme for parents, teachers and children that reduces challenging behaviours in children and increases social and emotional learning and self-control skills. Develops parenting skills and increases parents' involvement in children's school experience. Parent groups are grouped according to age: 0-12 months, 1-3 years, 3-6 years and 6-12 years.

Contact: Benevolent Society, Cairns Early Years Centre 40346800

Triple P

Description: An education programme designed for a wide variety of parents and carers of children with different needs and diverse socio-economic, cultural and ethnic backgrounds.

Contact:

Benevolent Society
Cairns Early Years Centre 40 346800
Cairns Community Health Access Unit 4226 0047

ARC Disability Services
40463608
www.arcinc.org.au

Family and Child Connect

Cairns Act for Kids 4/202 Scott St Bungalow

<http://familychildconnect.org.au/>

13 32 64

Family and Child Connect can help with a range of family and parenting challenges. We'll talk with you about your situation and work out the type of support you might find helpful.

We can connect you to local services that can help with:

- managing your child's behaviour (e.g. skipping school, running away from home, homework, tantrums)
- building better family relationships
- stopping any violence at home
- budgeting and managing money
- alcohol, drug or gambling problems
- housing, health care or access to other community or government services.

You can use this service as often as you need. There is no limit and no cost.

Every family is different so when you speak with us you will get advice and support specific to your situation.

Websites for Families

Raising Children Network

<https://raisingchildren.net.au/>

Kidsmatter

<https://www.kidsmatter.edu.au/families>

Queensland Health

<https://www.health.qld.gov.au/public-health/schools>

<https://www.parentline.com.au/>

1300 30 1300

www.cfcsouthcairns.com.au