

DCC Parenting Calendar Term 4 2026



To register visit www.dcc.org.au/families,
email info@dcc.org.au or call 9719 8102



Baby Yoga

Learn stretching and movements that you can do with your baby to help them grow and develop to their full potential. This program helps baby with settling, sleep, improved digestion and reduced reflux. At the same time, helping mum to regain and retain healthy posture after birth. This is a four-session course.

Dates: Fridays, 16 October - 6 November 2026
Time: 11.30am - 1pm
Venue: Drummoyne Community Centre
Cost: \$40 for the four-week program
Suitable for: Parents with babies 6-18 months

Language, Learning & Play

This 4-session course explores how to make connections through language, learning and play. We begin with helping your baby understand, which needs to happen before your baby can talk.

Gain an insight into what helps your baby make sense of language - although your baby's first word may not be until 12 months old or later, the preparation begins much earlier. This is a four-session course.

Date: Fridays, 20 November - 4 December 2026
Time: 11.30am - 1pm
Venue: Drummoyne Community Centre
Cost: \$40 for the four-week program
Suitable for: Parents with babies 0-18 months

Circle of Security

The Circle of Security model is a 'map' for parents and caregivers covering how to navigate parenting while juggling life's other demands. Based on 50 years of research, this evidence-based program demonstrates how children with secure attachments have more confidence, compassion, resilience and endurance. Continue to strengthen bonds with your child and help them to build secure relationships. This is a five-session course.

Date: Mondays, 2-30 November 2026
Time: 7.30pm - 9.30pm
Venue: Drummoyne Community Centre
Cost: \$80 for the five-week program
Suitable for: Parents of children 0-12 years

IMPORTANT INFORMATION

Courses are evidence based and facilitated by our parent educator Dympna Kennedy.

Priority is given to families living in the City of Canada Bay, Burwood and Strathfield local government areas.

Drummoyne Community Centre sets the course fees. The courses are subsidised through a grant from the NSW Department of Communities & Justice. Fees are below market rate.

Fees are negotiable for families experiencing hardship. Please contact DCC on 9719 8102 if you wish to seek a subsidy.