



# Term 4 Spring Calendar 13<sup>th</sup> Oct - 12<sup>th</sup> Dec 2025

## Mondays

---

**9.30 - 11am VC Walk, Talk & Connect** - Nepean River Trail, Camden  
If it rains, we drink coffee instead! For parents 25yrs & under & their children.  
Starts Mon 13<sup>th</sup> Oct 2025 for 9 weeks.

## Wednesdays

---

**Miller Location:** starts Wed, 15<sup>th</sup> Oct for 9 weeks  
**9 - 10.30am - Little Possums - Miller** Aboriginal Supported Playgroup (any aged parent)  
**11 - 12.30am - VC Young Parent Playgroup Miller** (for parents 25yrs & under)

**Campbelltown Location:**  
**10 - 11.30am - VC Young Parent Playgroup Ambarvale**, starts Wed, 15<sup>th</sup> Oct for 9wks  
For parents 25yrs & under

**10 - 11.15am - My Toddler & Me Campbelltown**, starts Wed 22<sup>nd</sup> Oct for 8 weeks  
For toddlers 12-24 months & open to any aged parent

**12-2pm - Circle of Security (CoS) course Campbelltown**, starts Wed 15<sup>th</sup> Oct for 8wks  
For parents & children aged 0-6yrs.

### Pop-Up Events:

1. **Informed & Empowered - A sexual health workshop to ask all the tough questions!** Wed 1<sup>st</sup> Oct 2025 - 10am - 2pm, Campbelltown
2. **Love bites x Headspace healthy relationships 2 day training:** Thurs 16<sup>th</sup> & 23<sup>rd</sup> Oct (must attend both days) from 9.30am - 2.30pm Campbelltown
3. **Tuesday 12<sup>th</sup> January** - waterpark fun - details TBA
4. **Wednesday 21<sup>st</sup> January** - Paint & Sip VC style - details TBA

## Tuesdays

---

**VC Young Parent Playgroup - 10am - 11.30am** - Tahmoor (Community Links)  
For parents 25yrs & under & their children.  
Starts Tues, 14<sup>th</sup> Oct 2025 & runs for 9 weeks.

## Thursdays

---

**Child development playgroups with our Speech & OT**  
**9.30 - 10.30am - Busy Bees Speech & Play** for children 3+ & their parents  
**11am - 12pm - Little Sprouts Speech & Play** for children 0-2yrs & their parents.  
Starts Thurs 30<sup>th</sup> Oct & runs for 6 weeks

**Antenatal Group:** 12pm - 1.30pm @ Liverpool Hospital. For expectant parents under 25 years old birthing at Liverpool or Campbelltown Hospital.  
Starts Thurs, 16<sup>th</sup> Oct for 5 weeks.

**Option to Request - Bringing Up Great Kids Sessions:** You can request a few Bringing Up Great Kids workshops - days/times TBA at time of request

To register please contact your Village Connect worker OR Email: [krtne-villageconnect@health.nsw.gov.au](mailto:krtne-villageconnect@health.nsw.gov.au)

All activities are FREE if you are 25y and younger, pregnant or parenting and living in Southwestern Sydney. Snacks are provided for group programs and childminding for workshops.

### Bringing Up Great Kids

Join our Bringing Up Great Kids workshops for mums with children aged 0-12. These sessions are a chance to connect with other mums, build strong and nurturing relationships with your kids, learn about early child development, and boost your confidence and parenting skills.

We'll have free childminding & snacks to make it easier for you to join in.

### OT & Speech Therapy supports

Need help to build your child's communication or motor skills? Our Speech Pathologist & Occupational Therapist provide support to help your child learn, play, move, speak & act. They will offer guidance tailored to your family's needs & help your child thrive. Available to access in our groups – talk to us to find out more.

### Walk, Talk & Connect Camden

For children aged 0-6years!

Come join our weekly group in Camden (Nepean River Trail, 42 Exeter St Camden).

It's a great way to meet other young parents, relax, & enjoy time outdoors with your little ones. When it rains, we grab coffee instead!

### My toddler & me playgroup

For Children aged 1-2years.

Live toddler coaching through play! Join our 8-week toddler parenting group to learn tips for building a strong bond and supporting your toddler's development. Get live coaching and support to help you connect better with your little one.

### Liverpool Antenatal, Growing together hub

Are you 25 or under and planning to birth at Campbelltown or Liverpool Hospital? Come along and connect with other young parents as we chat about pregnancy, birth, parenting, housing, relationships, and more - so you feel prepared and supported when bub arrives!



### Nurse bookings

Need some parenting advice or support? Do you have questions around feeding, starting solids, sleep & settling or more? Book a chat with our nurse – here to help parents of little ones (0-4 years)! Available to access in our groups

### Circle of Security (CoS)

An 8-week course designed to provide you with tools to develop and maintain strong bonds with your child. Learn to understand your child's emotional world by reading their emotional needs, helping them feel secure and fostering a thriving relationship. FREE Childminding & Snacks provided

### Playgroups:

For Children aged 0-6years! Join one of our weekly playgroups – Young Parents, Aboriginal Supported, or Social Groups. Meet other mums, get support from our team, & enjoy a safe space for your little one to play, sing, learn & connect. Strengthen connections to mob, community, and culture, and help your child get ready for preschool. **Locations: Ambarvale, Miller & Tahmoor**

### Love Bites - Healthy Relationships

Love Bites is a 2-day program for parents, covering healthy relationships, consent, and safe choices. Build confidence, respect, and safety in your relationships. Must attend both days. Free childminding & lunch provided!