#### How to Book and secure your place

Go to our Website.....

www.tresillian.org.au

Click on "Courses"

Then..."Courses and Training"

Click "For Parents"

Scroll down to select "Course" and click to read details which include:

- Outline of the group program and length.
- Dates and times.
- Venue.
- Facilitator's details.

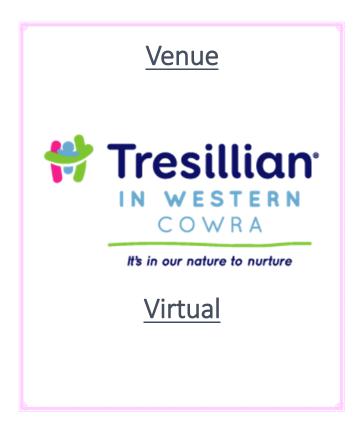
Book and follow the prompts to register your details

For any group enquiries, please contact:

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Ph: 02 9432 4000

Email: lynn.richards@health.nsw.gov.au





It's in our nature to nurture

# **Getting**

To

**Know** 

# Getting to Know You

Join us for our next group

The Getting to Know You Group is a five week program for parents/carers with newborn babies. During the sessions parents/carers will learn about social and emotional development of their infants from birth to three months of age. Topics included are: Tired Signs, Brain development, Non Verbal and Verbal Expression, and Regulation.

Parents/carers will improve their understanding about the amazing skills and desires a baby has to communicate and interact with his/her parents/caregivers and how this helps healthy brain development in the infant.

PLEASE NOTE: Babies, with Parents/ Carers, should be between 0-8 weeks of





## GETTING TO KNOW YOU

### 2022 Session Dates

Thursday mornings 10AM-12PM (5 weekly sessions)

Group One: January 20, 27

February 3, 10, 17

Group Two: March 10, 17, 24, 31

April 7

Group Three: April 28

May 5, 12, 19, 26,

Group Four: June 16, 23, 30

July 7, 14

Group Five: August 4, 11, 18, 25

September 1

Group Six: September 22, 29

October 6, 13, 20

Group Seven: November 10, 17, 24

December 1, 8