

Our Children and Family Services offer you practical support through:

- Individual Family Support
- Home Visiting & Practical Support
- Parenting Programs
- Supported Playgroups
- Parent & Baby Groups
- Community Activities & Events
- Parenting Information & Referral
- Breast Pump Hire



NEED TO GET IN CONTACT?

1300 646 444

families@communityculture.org.au

Peppercorn Children & Families programs are funded by NSW Department of Communities and Justice and Department of Social Services

To receive our events calendar, email us at ***families@communityculture.org.au***

In 2024, Active Care Network and Peppercorn Services partnered under Community Culture to better deliver services in your area.



communityculture.org.au

PEPPERCORN CHILDREN & FAMILIES



COMMUNITY *culture*



FAMILY SUPPORT

Individual Family support is a free service available to families in the Hawkesbury region. Our Family Workers offer home or centre-based visits to support you on your parenting journey. Visits include information on parent-child attachment, managing behaviour and child development, as well as access to parenting programs and referrals to specialist services.

PARENTING PROGRAMS

Programs for Parents include:

- Triple P Group
- Triple P Stepping Stones
- 123 Magic & Emotion coaching
- Tuning Into Kids
- Circle of Security
- Anxiety Coach

LINCS SUPPORT

LINCS Support is a volunteer based home visiting program for families with young children living in the Hawkesbury. Our trained volunteers offer friendly, caring support right in your home for a couple hours a week.

How our Volunteers can help:

- Someone to play with your children while you take time for yourself or get things done
- A supportive presence for appointments, shopping trips, or even a walk in the park
- Have a chat over a cuppa with a compassionate, non-judgemental listener



SUPPORTED PLAYGROUPS

Smalltalk

An evidence-based model that offers parenting tips and connection while supporting children's learning and development through everyday interactions.

Family Rhyme and Rhythm

Run by qualified facilitators, the Parent-Child Mother Goose program strengthens family relationships and builds children's social skills through songs, stories and play.

SOCIAL PLAYGROUPS

Social playgroups encourage children and their families to connect with others through fun interactive experiences in a safe and secure environment. Groups include:

- New Parents Connect
- Young Families Hub
- Dad and Me Playgroup
- Other peer groups for families