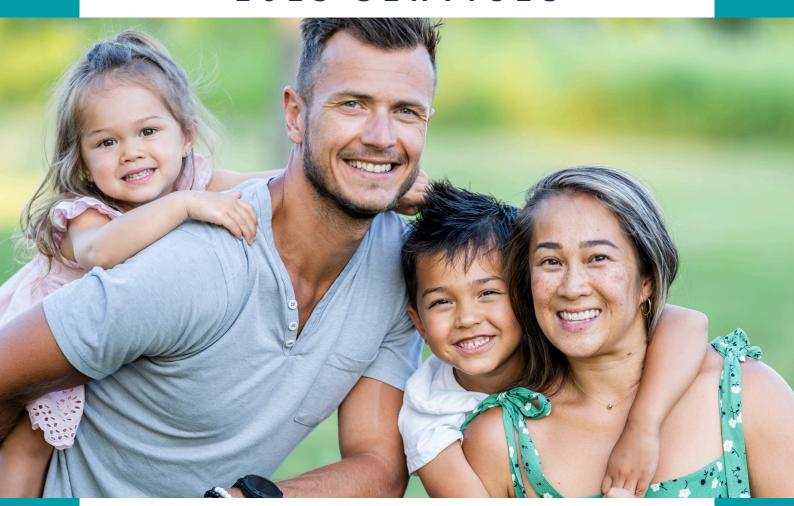


CHILD YOUTH & FAMILY

JANUARY-JUNE 2025 SERVICES



CCA NSW is working to build resilient and inclusive communities where everyone is valued.

Contact us by Ph: (02) 9858 3222 | Email: YouthServices@ccas.org.au Located: 12 Lakeside Rd, Eastwood NSW 2122





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About us

CCA NSW has been providing a diverse range of support services since 1965 to people living, working and studying in the Ryde, Parramatta and Hornsby Local Government Areas. Everything we do is to advance a more united and engaged community where individuals, families, children, young people and the elderly will thrive.

Our Child, Youth & Family (CYF) team employs early intervention, evidence-based programs, and trauma-informed services to enhance social and emotional well-being for children, youth, families, and communities. Through reliable information and effective strategies, we create a united, engaged environment. Our carefully designed programs support vulnerable families, optimising opportunities for child and youth well-being.

To support young people, we outreach and provide innovative services and programs tailor made to improve mental health, general wellbeing, family support, healthy relationships and educational outcomes for children, youth and their families.



Service Overview

Early Childhood Support Programs

Our high quality early learning programs set the foundation for children's future academic, social and emotional success as well as civic participation.

- Supported play sessions with qualified Educator support officers
- Toy Library
- Play based learning program at Carlingford Court
- Entrepreneurship program for Early Childhood Educators

Parenting & Family Support Programs

Our programs help parents develop practical parenting skills, increase their children's wellbeing and create strong parent-child relationships.

- Tuning in to Kids (6 weeks)
- Tuning in to Teens (6 weeks)
- Individual/Parent and family counselling

Youth Support Programs

CCA NSW is dedicated to promoting equality, respect, and establishing a safe space for young people.

All programs delivered aim to provide young people with the abilities to strive for the future and build fundamental interpersonal and living skills.

- Archive Youth Support Group
- Child & Youth Counselling
- Employment Program





CCA Family Day Care Toy Library

Toys and books stimulate the brain and motivate your child's imagination, develop creativity and learning.

COME VISIT US to

borrow from a vast array of well-made toys designed to support your child's skill development and imagination.



Come Visit Us TODAY!

Location: 12 Lakeside Road, Eastwood NSW 2122

Phone: 9874 0066

Opening Tuesday 9am – 12pm Hours: Wednesday 1pm - 4pm





ADDRESS: LEVEL 1 OPPOSITE LITTLE AMIGOS
GET READY TO SING, DANCE, LISTEN, AND LEARN TOGETHER!

DATE: EVERY THURSDAY FROM FEBRUARY 6TH, 2025

(EXCLUDING PUBLIC & SCHOOL HOLIDAYS)

TERMS 3 & 4 DATES TBC

TIME: 10:45AM - 11:30AM



For more information contact below

youthservices@ccas.org.au

(02) 9858 3222





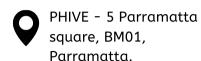


Do You Know?

You Can Earn
More Than 10k+ Per Year
Running a Business at Your Home

Entrepreneurship workshop

- ⊗ 8th April, from 10:30am 12:30pm
- Tailored for stay at home parents & carers
- Helping you to start Home-Based Businesses in Early Childhood
- Led by early childhood professionals with over 20 years of experience
- Offering practical strategies and essential resources to get started







Book a Spot : Text 'Workshop' To 0406078121



Our qualified and experienced counsellors provide up to 10 counselling sessions free of charge. Each appointment is 45 minutes.



Family Conflict Relationships Grief & Loss Feeling alone or isolated

Anxiety Struggling with emotions Making life changing decisions

Depression Stressful Events Trauma Addiction

What to expect from CCA's counselling sessions

We provide a confidential and secure environment to work through your challenges and discuss concerns openly. Our aim is to offer the insights you need to move forward in life, embracing fulfilment and positivity.

Within the first appointment our counsellor will attentively gather details about your medications, personal history, and current circumstances.







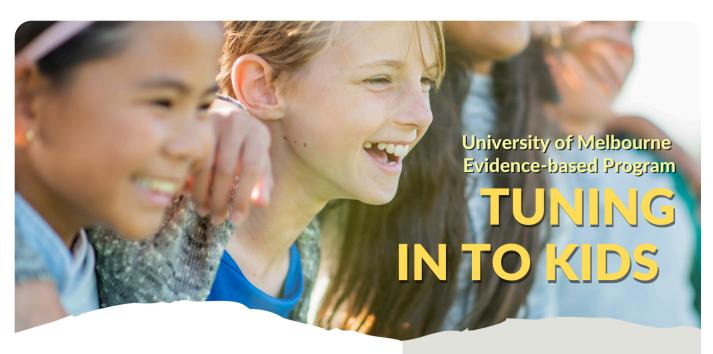






2 Dickson Ave West Ryde NSW | ccas.org.au





Building a life-long positive relationship between Parent & Child

Developed by Melbourne University, this program focuses on building emotional intelligence and nurturing positive relationships between parents and their children.

The program offers a range of strategies to help you recognise, understand and respond to children's emotions in a supportive and healthy way.

This program will:

- Help you gain strategies to understand and help children regulate emotions, and methods to boost positive behaviour and resilience.
- The Mandarin version of the program offers the same approach while tailoring examples and discussions to be more relevant for families from a Chinese cultural background and help Chinesespeaking families to address the unique challenges and struggles they are facing.
- ** For research purposes, you will be asked to provide some personal information.

Session Info

- 6 Week program: Sessions on Fridays
 *This workshop will be in Mandarin (中文授课)
- From March 7th April 11th
 11am-12:30pm
- Location: Epping Branch Library
- Best for parents & carers of children aged 3-10
- Fee: Free of charge
- Participants are required to attend all sessions

"The course reminded us that our kids are still learning to deal with their emotions, and to take more time helping them work through it all together."

---- CCA Tuning into Kids participant

CONTACT US TO ENROL TODAY



CCONSW.
Community Hub
Enabling Better Lives





Building a life-long positive relationship between Parent & Child

The program offers a range of approaches and strategies that equip parents to positively connect with and influence the world of their adolescent child. Coaching adolescents helps them achieve positive change and control of their emotions.

Our facilitators offer practical tips and coaching that help you to improve communication with your teen and encourage positive behaviours.

This program will:

- Improve communication styles
- · Prevent problems from developing
- Enhance emotional and behavioural functioning
- Provide strategies to assist teens transition into adolescence and adulthood
- Facilitate understanding of teens' emotional experiences
- Teach specific skills for staying connected to your teen

Session Info

- 6 week program: Sessions on Tuesdays
- From April 29th-June 3rd 11am - 12:30pm
- Location: Parramatta Library
- Best suited for parents of 10-17 year olds
- Tuning in to Teens is free of charge
- Participants are required to attend all sessions

" I really enjoyed the course.

Plenty of resources, theory,
knowledge, tools and strategies.

I gained different parenting skills
and I will now acknowledge
strengths of my children and let
them feel close towards me"

---- CCA Tuning in to Teens participant

CONTACT US
TODAY TO ENROL



CCONSW.
Community Hub
Enabling Better Lives











Youth Support Group

WEEKLY FRIDAY MEET UP

Archive is a diverse and inclusive space that embraces individuals without judgement.

Young people aged from 18 to 24 can build resilience and become members of a safe community with supportive peers.

And don't worry, we've got scrumptious food and drinks covered too!

4:00PM - 6:30PM

2 DICKSON AVE WEST RYDE NSW 2114





Email: youthservices@ccas.org.au

Phone: (02)9858 3222

Web: https://ccas.org.au/









Contact us for more info





youthservices@ccas.org.au





For 15-24 year olds
Have fun, meet others,
connect through
activities & learn
something new!!

15.04.2025 & 16.04.25 11am-12:30pm

Explore the benefits of physical activity then join us to play some *Basketball!*

23.04.25 & 30.04.25 from 2:30pm-4pm AND 07.05.25 from 3pm-4:30pm

Learn how to manage tough situations through positive coping strategies and join us for some *Boxing*;P



CCONSW
Community Hub
Enabling Better Lives

Text 'Epping Sport' to register!











Text 'Epping Sport' to register!



0406 078 121

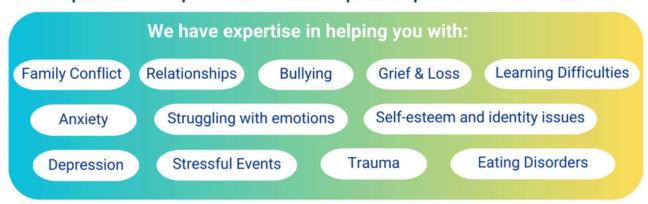








Our qualified and experienced counsellors provide up to 10 free 1 hour sessions



Our counselling program is here to stand by your side every step of the way.

We prioritise your safety, providing a secure and welcoming space where you can freely express yourself. Our approach is **all about you** – we tailor our guidance to meet your unique needs.

Whether you're facing a single obstacle or a multitude of challenges, we're here to lend an understanding ear and a helping hand.

We're in this together, ready to navigate the tough times & celebrate the victories.



Call Us To Book Your Appointment Today 02 9858 3222











2 Dickson Ave West Ryde NSW | ccas.org.au



CCA 家庭日托 玩具圖書館



玩具和書籍可以 刺激大腦,激發 孩子的想像力, 培養創造力和學 習能力!



歡迎前來拜訪我 們, 我們有大量的 製作精良的玩具給 借用,一同支持您 孩子的技能發展和 想像力。



歡迎你們今天來拜訪我們!

地點: 12 Lakeside Road, Eastwood 2122

電話: (02) 9874 0066

營業時間: 每週二 9 am - 12 pm





蜂巢乐园位于1楼LITTLE AMIGOS对面

邀请您和萌宝一起参与听故事,音乐,歌曲,舞蹈和互动演出

日期: 2025年2月6日起,每周四(公共假期除外)

时间: 上午10:45 - 至 11:30



欲了解更多信息,请联系:

youthservices@ccas.org.au

(02) 9858 3222







你知道吗?

全职父母也可实现年入 10万+ 让家庭日托成为 你的职业新选择

创业工作坊

- 🥏 4月8日起,时间:10.30αm-12:30pm
- 🥏 专为家长和照护者,或者任何持有幼儿教育证书和全职父母量身定制
- 🥏 由拥有 20+年经验与早教专家亲自指导教学
- 🗸 提供实用的策略助你创业一臂之力
- 🥏 帮助你开启家庭托育创业之路
- ◆ 地址: Parramatta 图书馆PHIVE 5 Parramatta square, BM01, Parramatta.距离火车站仅有三分钟路程,轻松直达!





发送短信 "Workshop"至 0406078121 报名



我们经验丰富专业心理咨询团队可为您提供多达 10 次的免费咨询。每次咨询时长为 1 小时。

我们在以下方面可以为您提供专业的帮助和支持:

家庭矛盾

人际关系

亲朋离世

感到孤单或被孤立

焦虑

情绪管理

戒酒赌毒瘾

生活中的重大决定

抑郁

压力管理

创伤

CCA提供个性化的心理咨询服务

我们的咨询服务为社区居民提供专业的,保密的心理关怀。您可以自由表达内心的感受,我们询师将和您一起探讨解决方案,提升自我认知,为你的心理健康保驾护航。

首次咨询时,咨询师将会收集一些您的个人情况,以便更好的了解您和您的忧虑。

扫描二维码 查看信息



请致电预约我们的咨询服务

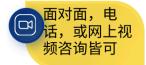
02 9858 3222











2 Dickson Ave West Ryde NSW | ccas.org.au





建立和培养积极健康的家庭环境,及长久的正向亲子关系

由墨尔本大学研发设计的正向管教育儿课程 Tuning in to kids中文版授课现正式开放注册。 通过此课程,您将学习到针对不同年龄段儿童的 正向 情绪引导的管教技巧和策略。此课程注重培 养孩子 的情绪管理、语言系统、自信心和解决问 题的能力,以及积极的行为习惯和缓解心理压力 的方法。

课程亮点

- 通过此次课程,我们将帮助您更好地理解和引导孩子们的情绪,习得更多正向管教技巧和策略。
- 此次课程采取中文授课。在原版英文教材的基础上,我们对讲课案例进行了调整和升级,从而更适合具有中国文化背景的家庭,帮助华人家长应对多文化育儿背景下的独特挑战。

** 因调研需求,课程注册需要提供您的个人信息

课程信息

专为家有3-10岁儿童的家庭设计

- 课程为期六周,将在每周五进行
- 3月7日起,每周五,持续6周 上午11点-下午12点半
- 地址:图书馆面授课程 Epping 火车站3分钟步行 电话:(02)98583222
- 面向3-10岁儿童的家长和照护者
- 费用: 免费
- 参与者需要参加全部课程

"这个课程很有帮助,它提醒了我,孩子仍在 建立父母与孩子当前和未来的积极关系的技巧。 作为父母要花更多时间帮助他们一起学习处理情绪的技巧和学习不同的情绪。"

---- 课程家长反馈

立即联系我们报名



CCONSW Community Hub Enabling Better Lives





与青少年孩子深入沟通,建立和培 养积极,长久的正向亲子关系

通过此课程,您将学习到针对青春期孩子的正向情绪引导的管教技巧和策略。此课程注重培养青少年的情绪认知、情绪调控和解决问题的能力,以及积极的心态和缓解心理压力的方法。

我们的目标是帮助您成为一个更自信、更有技巧的家长。课程采用互动、生动的教学方法,结合实践和案例分析,为您提供具体策略,帮助您的孩子平稳度过青春期和成年期的转变。

此课程能帮助您和孩子:

- 改善沟通方式,提升家庭关系
- 预防问题的产生和发展
- 增强情绪管理和减少不良行为
- 提供策略来帮助青少年过渡到青春期和成年期
- 促进对青少年情绪体验的理解
- 更好地理解青少年的情感体验,并学习到与他们保持 紧密联系的方法和技巧。

课程信息

- 此课程为6周。 每周二上课
- 时间: 4月29日到6月3日。
 上午11点到下午12点半
- 针对10-17岁青少年家长
- 费用:课程免费
- 报名需参加所有课程

"我非常喜欢这个课程,老师提供了 大量的育儿资源、理论知识、技巧 和应对方法。我获得了不同的育儿 技巧,我现在会承认我孩子的优 点,让我们之间变得亲密。"

---- 课程家长反馈

立即联系我们, 注册课程



邮件: youthservices@ccas.org.au

电话: (02)9858 3222 网址: https://ccas.org.au/







悉尼北区 社交化聚会

每周周五聚会

Arc-Hive是一个多元化且包容的空间

18 至 24 岁的年轻人可以在这里交友,学习, 玩游戏,做手工等多项活动

我们还提供食物和饮料!

下午 4:00 - 下午 6:30

2 DICKSON AVE WEST RYDE NSW 2114





Email: youthservices@ccas.org.au

Phone: (02)9858 3222

Web: https://ccas.org.au/









联系我们,了解更多详情



youthservices@ccas.org.au



免费。

欢迎15-24岁的小伙伴加入

交友,玩耍,动起来! 通过各种活动交流互动 还能学习新技能哦!

15.04.2025 & 16.04.25 上午11:00-下午12:30

了解体育活动的益处,加入我们一起打篮球! 23.04.25 & 30.04.25下午2:30-4:00 07.05.25下午3:00-4:30

学习如何应对困难情境,培养积极的应对策略,然后加入我们的拳击训练!



CCONSW
Community Hub
Enabling Better Lives

报名发送 "Epping Sport" 至 0406 078 121





CROQUET槌球

欢迎15-24岁的萌新小伙伴 前来加入我

聊天!

交友!

玩槌球!

远动、社交、疗愈三不误!

14.05.25 & 21.05.25

下午3点-下午4点半

EPPING





报名发送 "Epping Sports" 至 0406 078 121









我们经验丰富专业心理咨询师可为青少年儿童提供多达10次的免费咨询服务,每次时间为1小时。

我们在下列领域有丰富的心理咨询经验:

家庭矛盾

人际关系

霸凌

亲人去世

学习困难

焦虑

抑郁

情绪管理

自信心及身份认同问题

生活,情感,学业压力

创伤

进食障碍

想找人聊聊

我们将为青少年&儿童提供个性化的咨询方案

CCA NSW 的心理咨询服务致力于为青少年儿童提供专业的支持和关怀,帮助他们面对内心的困惑和情绪的起伏。

我们的咨询环境温馨舒适,为孩子们提供一个安全的空间,让他们自由表达内心的感受,找到解决问题的途径,无论是面对学业压力、人际关系困扰,还是情绪管理和自我认知的挑战,我们的青少年儿童心理咨询服务将与孩子一同前行,为他们的成长和发展提供全面的支持和指导。



打电话预约免费心理咨询 02 9858 3222







1对1 心理咨询







2 Dickson Ave West Ryde NSW | ccas.org.au



Main Office (General Enquiries)

• 12 Lakeside Rd Eastwood NSW 2122



West Ryde (Youth & Counselling)

2 Dickson Avenue, West Ryde NSW 2114





Follow Us on Social Media



Connect for Our Latest News & Updates



on Facebook @CCANewSouthWales



on Instagram
@ccanewsouthwales



on Youtube @ccanewsouthwalesenablingbe169



Red Note (小红书) @CCA NSW



See following pages for our January to June program calendar





January

Toy Library: 12 Lakeside road, Eastwood Tues: 9am-12pm Weds: 1pm-4pm

Youth workshop: Carlingford Court

| SAT | | | | | | |
|-----|------------------|-------------------------|----------------|----------------------|----------------|------------------------|
| 표 | | 17th: Youth workshop | | 24th: Youth workshop | | |
| Ŧ | | 16th: Youth workshop | | 23rd: Youth workshop | | |
| WED | 8th: Toy Library | 15th: Toy Library | | 22nd: Toy Library | | 29th: Toy Library |
| J. | 7th: Toy Library | 14th: Toy Library | Youth workshop | 21st: Toy Library | Youth workshop | 28th: Toy Library |
| MOM | | 13th: Youth workshop | | | | 27th PUBLIC HOLIDAY |

February

Toy Library: 12 Lakeside road, Eastwood Tues: 9am-12pm Weds: 1pm-4pm

The Hive Kids program: Level 1, Carlingford Court 10:45am-11:30am

Youth Resilience program: Marsden High school

Arc-Hive Youth group: 2 Dickson avenue, West Ryde 4pm-6:30pm

| SAT | | | | |
|--------|------------------------------|-------------------------------|------------------------------------|------------------------------------|
| Œ | 7th: Arc-Hive Youth group | 14th: Arc-Hive Youth group | 21st: Arc-Hive Youth group | 28th: Arc-Hive Youth group |
| 된 - | 6th: The Hive | 13th: The Hive | 20th: The Hive | 27th: The Hive |
| WED | 5th: Toy Library | 12th: Toy Library | 19th: Toy Library | 26th: Toy Library |
| TUE | 4th: Toy Library | 11th: Toy Library | 18th: Toy Library | 25th: Toy Library |
| MOM | | | 17th: High school Youth program | 24th: High school Youth program |

| | Youth Resilience progra | e progra |
|-----------------------------------|--|---------------------------------|
| March | Tuning into Kids Parenti Epping Library (中文) 11. Arc-Hive Youth group: 2 | s Parent (中文) 11 group: 2 |
| MOM | T E | |
| 3rd: High school Youth program | 4th: Toy Library | 5th: T |
| 10th: High school | 11th: Toy Library | 12th: |

| | | Youth Resilience program: Marsden High school Tuning into Kids Parenting program: | gh school | Toy Librar Tues: 9am | Toy Library: 12 Lakeside road, Eastwood Tues: 9am-12pm Weds: 1pm-4pm |
|------------------------------------|-------------------------------------|---|------------------------|--|--|
| March | | Epping Library (中文) 11am-12:30pm Arc-Hive Youth group: 2 Dickson avenue, West Ryde, 4pm-6:30pm | e, West Ryde, 4pm-6:30 | | routh workshop: Epping Library, 3:30pin-5pin The Hive Kids program: Level 1, Carlingford Court 10:45am-11:30am |
| MOM | TÜE | WED | THU | Ē | SAT |
| 3rd: High school Youth program | 4th: Toy Library | 5th: Toy Library | 6th : The Hive | 7th: Arc-Hive Youth group Tuning in to Kids (中文) | |
| 10th: High school Youth program | 11th: Toy Library Youth workshop | 12th: Toy Library | 13th: The Hive | 14th: Arc-Hive Youth group Tuning in to Kids (中文) | |
| 17th: High school Youth program | 18th: Toy Library Youth workshop | 19th: Toy Library | 20th: The Hive | 21st: Arc-Hive Youth group Tuning in to Kids (中文) | |
| 24th: High school Youth program | 25th: Toy Library Youth workshop | 26th: Toy Library | 27th: The Hive | 28th: Arc-Hive Youth group Tuning in to Kids (中文) | |

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Toy Library: 12 Lakeside road, Eastwood

| Arc-Hive Youth group: A Dickson avenue, west | est Ryde |
|--|----------|
| 4pm-6:30pm | |

| | Tues: 9am-12pm Weds: 1pm-4pm | ds: 1pm-4pm | 4pm-6:30pm | md | |
|------------------------|---|---|----------------|---|--|
| | The Hive Kids progra 10:45am-11:30am | The Hive Kids program: Level 1, Carlingford Court 10:45am-11:30am | | Home-based Childcare Entrepreneurship program: Parramatta Library, 10:30am-12:30pm | urship program: Ipm |
| MOM | T. | WED | THU | Œ | Move to Change Youth Sports program: Epping (enquire for times & venues) |
| | | | | | Youth workshop: Epping Library |
| | 1st: Toy Library | 2nd: Toy Library | 3rd: The Hive | 4th: Arc-Hive Youth group | 3:30pm-5pm Tuning into Teens Parenting program: |
| | Youth workshop | | | Tuning in to Kids (中文) | Parramatta Library 11am-12:30pm Tuning into Kids Parenting program: |
| | 8th: Entrepreneur Program | 9th: Toy Library | 10th: The Hive | 11th: Arc-Hive Youth group | —— Epping Library (中文) 11am-12:30pm |
| | Youth workshop | | | Tuning in to Kids (中文) | |
| | 15th: Youth Sports program | 16th: Youth Sports program | 17th: The Hive | 18th PUBLIC HOLIDAY | |
| | Toy Library | Youth workshop | | | |
| 21st PUBLIC HOLIDAY | 22nd: Toy Library | 23rd: Youth Sports program | 24th: The Hive | 25th PUBLIC HOLIDAY | |
| | | | | | |

Sports program 30th: Youth

29th: Tuning in to Teens

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|---|-----------------------|
| 1 | |
| | 2 |

Toy Library: 12 Lakeside road, Eastwood Tues: 9am-12pm Weds: 1pm-4pm

The Hive Kids program: Level 1, Carlingford Court 10:45am-11:30am

Arc-Hive Youth group: 2 Dickson avenue, West Ryde, 4pm-6:30pm Move to Change Youth Sports program: Epping (enquire for times & venues)

Tuning into Teens Parenting program: Parramatta Library,

11am-12:30pm

| SAT | | | | | | | | | |
|-----|------------------------------|------------------|-------------------------|-------------------|-------------------------|-------------------|-------------------------|-------------------|-------------------------|
| Ē | 2nd: Arc-Hive Youth group | 9th: Arc-Hive | | 16th: Arc-Hive | Youth group | 23rd: Arc-Hive | Youth group | 30th: Arc-Hive | routh group |
| 王 | 1st: The Hive | 8th: The Hive | | 15th: The Hive | | 22nd: The Hive | | 29th: The Hive | |
| WED | | 7th: Toy Library | Youth Sports program | 14th: Toy Library | Youth Sports program | 21st: Toy Library | Youth Sports program | 28th: Toy Library | Youth Sports program |
| JE. | | 6th: Toy Library | Tuning in to Teens | 13th: Toy Library | Tuning in to Teens | 20th: Toy Library | Tuning in to Teens | 27th: Toy Library | Tuning in to Teens |
| MOM | | | | | | | | | |

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Toy Library: 12 Lakeside road, Eastwood Tues: 9am-12pm Weds: 1pm-4pm

The Hive Kids program: Level 1, Carlingford Court 10:45am-11:30am

Arc-Hive Youth group: 2 Dickson avenue, West Ryde, 4pm-6:30pm

Tuning into Teens Parenting program: Parramatta Library, 11am-12:30pm

| SAT | | | | | ase contact us on ices@ccas.org.au |
|-----|--|-------------------------------|-------------------------------|-------------------------------|--|
| Ē | 6th: Arc-Hive Youth group | 13th: Arc-Hive Youth group | 20th: Arc-Hive Youth group | 27th: Arc-Hive Youth group | To register for any of our programs, please contact us on 02 9858 3222 or youthservices@ccas.org.au |
| Ŧ | 5th: The Hive | 12th: The Hive | 19th: The Hive | 26th: The Hive | To register for 0 |
| WED | 4th: Toy Library | 11th: Toy Library | 18th: Toy Library | 25th: Toy Library | |
| TUE | 3rd: Toy Library Tuning in to Teens | 10th: Toy Library | 17th: Toy Library | 24th: Toy Library | |
| MOM | | 9th PUBLIC HOLIDAY | | | |



