



Communityfy Qld is an established community organisation that has provided a diverse range of services for over 25 years.

We are a multi-service organisation that provides a range of programs and activities for families and individuals in the community to enhance their quality of life. Our primary concern is the welfare and wellbeing of socially, physically, intellectually and emotionally disadvantaged and vulnerable people.

We work with local people to promote a diverse, socially just and inclusive community.

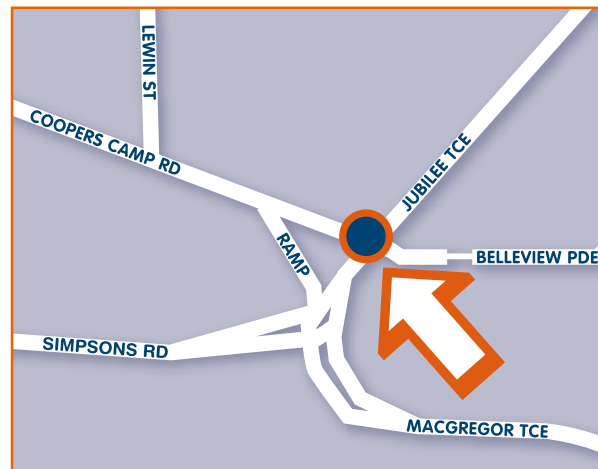
### Communityfy Services

- aged & disability services
- childcare
- community development
- community education
- emergency relief
- family and individual support
- home assist secure (inner west)
- lady cilento parenting centre
- mental health services
- no interest loans scheme
- recreation
- refugees
- venues for hire
- volunteers



180 Jubilee Terrace Bardon Q 4065  
t: (07) 3510 2700 f: (07) 3366 7845  
e: admin@communityfy.org.au

**Hours: Monday to Friday  
9am-5pm**



We are located here

lady cilento parenting centre

## LADY CILENTO PARENTING CENTRE

The Centre was founded on the principles of Lady Cilento, a pioneering Brisbane doctor who became synonymous with the interests of parenting and women's health and welfare. She established the Mothercraft Association over 80 years ago.

The Lady Cilento Parenting Centre is a not-for-profit, community-driven organisation that works in the spirit of Lady Cilento, helping parents and carers to become good role models.

The Centre was established in 2005 by local parents in consultation with professionals in the Early Childhood industry, and is proudly sponsored by Community Qld.

### Who can access this service?

We welcome all parents and carers.

### What do we offer?

- **Teacher-led Playgroups:** Facilitated by an Early Childhood Teacher, these provide an opportunity for parents to interact, and for children (aged 0-5) to engage in developmentally appropriate play experiences.
- **Lunchtime for Littlies:** Our come-when-you-please play centre (unfacilitated, for children aged 0-5) allows parents/carers to relax in an environment that is safe and stimulating for their children.
- **Baby Groups:** For babies 0-15 months. A facilitated group designed to meet the needs of parents and their babies. Includes visits from guest speakers on topics of particular interest to the group.
- **Pathways FRIENDS for Life Program:** FRIENDS (targeting children aged 5-11 yrs) teaches children emotional resilience. It is the only anxiety prevention program acknowledged by the World Health Organisation.
- **Triple P Parenting Course:** A well-known and highly regarded program that helps families find positive ways to guide children's behaviour.

### How much will it cost?

For details on current costs and availability, check our website [www.community.org.au/cilento.html](http://www.community.org.au/cilento.html)

### For more information

If you are interested in receiving any further information or you would like to make a booking for any of our services, please contact us on **3368 1578** or send us an email at [ladycilentopc@community.org.au](mailto:ladycilentopc@community.org.au)

### How can you be a supporter?

We value the support of the community and local businesses. You can offer support to Community by:

- becoming a member
- becoming a volunteer
- making a financial contribution
- supporting us with our fundraising ventures
- giving your time and expertise in organisational or project support
- making a bequest as part of your will

### Where to find us

The Lady Cilento Parenting Centre is located at Bardon Hall, 247 Simpsons Road Bardon, to the rear of the Bardon C&K Kindy. Drive into Bowman Park off Simpson's Road and park next to the playing fields. Look for the green hall, our sign and windmill!

