

CONTACT NUMBERS

13HEALTH	1343 2584
Australian Breastfeeding Association	1800 686 2 686
Australian Childhood Immunisation Register	1800 653 809
Beyond Blue	1300 224 636
Domestic Violence 24hr Information Line	1800 811 811
KidSafe Queensland	3854 1829
Lifeline	131 114
Mackay Base Hospital	4885 6000
Mackay Sexual Health & Assault Service	4968 3919
Mackay Women's Centre	4953 1788
Poison Information Centre	131 126

For more information



Visit our website
www.health.qld.gov.au/mackay



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 @MackayHHS

Contact:

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 Child, Youth & Family Health
 Mackay Hospital and Health Service
 40 Carlyle Street
 Mackay Qld 4740

Ph: 4885 7750

Fax: 4852 3317

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Partnering with Consumers – Standard 2 (2.4.1)
 Consumers and/or carers provided feedback on this
 information.

2019 Parenting Groups



Mackay Child, Youth & Family Health

Carlyle Community Health Centre

40 Carlyle Street
 Mackay Qld 4740
 Phone: 4885 7750

Bookings Required

No prams please

Early Parenting Group 0 - 5 months

Wednesday 9:30am - 11:30am

Session 1

Developing a routine, sleep, settling and SIDS

Session 2

Getting to know your baby and massage

Session 3

Let's talk about you

Session 4

Infant safety, play and development

Older Parenting Group 5 - 12 months

Tuesday 9:30am - 11:30am

Session 1

Sleep after 6 months of age

Session 2

Fun not fuss with food and dental care

Session 3

Development, play and safety

	Early Parent Group 0 - 5 months	Older Parent Group 5 - 12 months
February	6, 13, 20, 27	5, 12, 19
March	6, 13, 20, 27	
April	3, 10, 17, 24	2, 9, 16
May	1, 8, 15, 22	
June	5, 12, 19, 26	4, 11, 18
July	3, 10, 17, 24	
August	7, 14, 21, 28	6, 13, 20
September	4, 11, 18, 25	
October	2, 9, 16, 23	1, 8, 15
November	6, 13, 20, 27	
December		3, 10, 17

Positive Parenting Seminars (Triple P)

For parents and carers

9:30 - 11:30am

Held monthly on alternate Tuesdays and Thursdays

Session 1

Raising Resilient Children

Feb 7th THURS	May 14th TUES	Aug 8th THURS
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Session 2

Power of Positive Parenting

Mar 5th TUES	June 6th THURS	Sept 3rd TUES
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Session 3

Raising Confident Competent Children

Apr 4th THURS	July 16th TUES	Oct 10th THURS
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