



A COMMUNITY SPACE WITH A RANGE OF CHILD & FAMILY SERVICES TO HELP SUPPORT OUR MOB

EARLY CHILDHOOD EDUCATION & CARE SERVICES

We have playgroups that support a range of developmental stages, as well as early childhood education and wellbeing programs.

We provide culturally-focused groups and programs that teach jarjums about First Nations knowledge and skills, including our Didgeridoo and After School programs.

We also offer nutrition programs, assistance in creating healthy and safe home environments and individual support for children and families, as well as regular self-development and family-focused classes for parents and adults.

FAMILY & PARENTING SUPPORT SERVICES

We have qualified First Nations Circle of Security Parenting (COSP) course facilitators. The COSP course is an early intervention program designed for parents of children aged 0-8 years.

The aim is to educate parents on the importance of creating secure attachments with their young children, and to increase parental capacity and awareness of their children's needs.

We also offer free birth registration, baby massage classes and a range of artistic and creative classes to encourage community connection.

MUMS & BUBS

A supportive community for mothers and babies, where we foster cultural connection, a commitment to holistic health, and parenting knowledge exchange.

BIRTH CERTIFICATE

Come and register your jarjum's birth. If your jarjum's birth is not yet registered you will receive a free birth certificate when registering through Jajumbora CFC. If you are needing a new copy of an already registered birth you will receive a new certificate at a discounted price.

DIDGERIDOO

A program where men and boys work together to create a didgeridoo from scratch. The program aims to strengthen the bond/relationship between men and their jarjums. Creating a space for men to meet other fathers while learning more about our culture.

CIRCLE OF SECURITY

In this program you will learn how to understand your child's needs, assisting parents to provide their children with the emotional support needed to develop secure attachment, resilience and enhanced school readiness.

BABY MASSAGE

This is a program that focuses on attachment and bonding of baby to caregiver as well as many other health benefits. In this program you will learn different massage techniques to use on your bub.

TALGUNN (WOMEN'S) GROUP

A group where women have a space to relax, connect and have a yarn. Come and have a cuppa with our aunties and mothers in the community while doing a craft activity.

DEADLY ARTISTS ADULTS

Creating deadly art with deadly people. We know the stress of real life can be overwhelming, so we have created a space for adults to relax, unwind and let the art flow. Our deadly art class focuses on letting your mind be free and focus on something lighthearted.

ELDERS STRONG

An afternoon tea focused on our Elders in the community. Coming together to have a yarn, our Elders participate in activities to improve physical, mental and emotional wellbeing.

MESSY PLAY

Mess in the house isn't fun, and we know that. So, we have created a playgroup specifically to let our jarjums explore all their senses in a place that parents/caregivers don't have to clean up the aftermath.

DEADLY TUKKA

Learn to pack a healthy lunchbox for your jarjums that will keep them full and ready to learn all day long. We'll teach you about the essential food groups that should be included in your jarjum's lunch every day and tips on how to mix it up for variety.

PRE-KINDY PLAYGROUP

A group that focuses on getting our jarjums ready for kindy the following year. From learning to sit on a mat and listen to a story, right through to everyday activities/tasks.

AFTER SCHOOL PROGRAM

Engaging youth in cultural activities, educational support, and community connections after school. Fostering pride, resilience, and academic success through Indigenous teachings, mentorship, and holistic development.

CARING WALJUNG

Join our BiOC team for an informative antenatal class designed specifically for new parents. Learn essential skills such as how to swaddle your new bub, feeding and bathing bub, plus lots more.

FITNESS PROGRAM

This 10-week fitness program is specifically designed for busy mums, offering a comprehensive once-a-week workout session. Each session is structured to include a warm-up, a main workout that combines cardiovascular exercises, strength training, and flexibility, and a cool-down. The goal is to improve overall fitness, boost energy levels, and promote a healthy and active lifestyle.

OPEN 5 DAYS A WEEK
MONDAY TO FRIDAY
8:30AM-4:30PM



YOU CAN FIND US AT
 6 Glendalough
 Waterloo



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MUMS & BUBS When: 9:30am-11:00am Who: New & expecting mothers What: Supportive community for mothers and bubs.</p>	<p>TALGUNN (WOMEN'S) GROUP When: 9:30am-11:00am Who: Women & jarjums of all ages What: A space for women to relax, connect and have a yarn.</p>	<p>DEADLY ARTISTS ADULTS When: 9:30am-11:00am Who: Adults of all ages What: Creating deadly art with deadly people.</p>	<p>MESSY PLAY When: 9:30am-11:00am Who: Jarjums of all ages What: A taste safe sensory activity for all jarjums.</p>	<p>FITNESS PROGRAM When: 8:30am-9:30am Who: Mums and bubs What: 10 week fitness program designed for busy mums.</p>
<p>CARING WAIJUNG When: 11:00am-1:00pm Who: New and expecting parents What: An educational antenatal class for new parents.</p>	<p>BABY MASSAGE When: 10:00am-11:00am Who: All parents/carers with bubs What: Learn different massage techniques to use on your bub.</p>	<p>ELDERS STRONG When: 12:30pm-2:00pm Who: All Elders What: An afternoon tea for our Elders to come together and have a yarn.</p>	<p>CIRCLE OF SECURITY When: 9:30am-10:30am Who: New & expecting parents What: Understand your jarjum's needs and provide emotional support.</p>	<p>PRE-KINDY PLAYGROUP When: 9:30am-11:30am Who: Jarjums aged 3-4 years What: A group that focuses on getting jarjums ready for kindy.</p>
<p>BIRTH CERTIFICATE When: 12:00pm-3:00pm Who: All parents What: Register your bub's birth and receive a free birth certificate.</p>	<p>DEADLY TUKKA When: 11:30am-12:30pm Who: Mothers & jarjums of all ages What: Learn to pack a healthy lunch for your jarjums.</p>	<p>AFTER SCHOOL PROGRAM When: 3:00pm-4:00pm Who: Jarjums of all ages What: Passing on our culture and ways to jarjums through fun and interactive activities.</p>	<p>AFTER SCHOOL PROGRAM When: 3:00pm-4:00pm Who: Jarjums of all ages What: Passing on our culture and ways to jarjums through fun and interactive activities.</p>	
<p>CIRCLE OF SECURITY FOR DADS When: 3:00pm-4:00pm Who: New & expecting fathers What: Understand your jarjum's needs and provide emotional support.</p>	<p>AFTER SCHOOL PROGRAM When: 3:00pm-4:00pm Who: Jarjums of all ages What: Passing on our culture and ways to jarjums through fun and interactive activities.</p>			
<p>DIDGERIDOO PROGRAM When: 4:00pm-6:00pm Who: Males of all ages What: Work together to create a didgeridoo from scratch.</p>				

**FOR MORE INFO
OR TO BOOK A
CLASS CALL
3239 5381**

