

## PARENTING COURSES

### Young Mums To Be

Wednesdays Aug 7–Sept 11, 10am–12.30pm

A course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, birthing positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun. Six 2 hour sessions.

VENUE: THE FAMILY CENTRE, AMBER ROAD. NO COST

### Circle of Security Parenting

Mondays July 29–Sept 16, 10am–12pm

The Circle of Security Parenting program is based on decades of research on children 0-5yrs showing how to create, support and strengthen secure parent-child relationship. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure. Eight 2 hours sessions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST \$40

### 123 Magic & Emotion Coaching

Thursdays Aug 8–22 10am–12.30pm

An evidence based parenting program for parents/carers with children aged from 2 – 12 years. The program is facilitated over 3 sessions & supports parents/carers to feel more confident to respond to their children's behaviours. Parents/carers are provided practical strategies to engage with their child in the process of identifying & managing their own emotions, encouraging positive behaviours & building emotional resilience. Three 2.5 hour sessions.

VENUE: THE FAMILY CENTRE, AMBER ROAD. COST \$15

### Parenting Seminar

Thursday Aug 29, 10am–12pm

A 2hr seminar that provides an introduction to our parenting programs, based on decades of research on children 0- 5yrs showing how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

### Soon They'll Be Teenagers

Thursdays Aug 22–Sept 12, 6pm–8pm

This course will provide you with lots of new tools and strategies as well as knowledge of your child's physical, social and emotional developmental changes. It will help you to develop an awareness of your own reactions and strategies to manage situations where your 'buttons are pushed'. The course will also assist you to establish clear boundaries whilst maintaining a positive connection. Four 2 hour sessions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST \$20

### Understanding Teenagers

Tuesdays Aug 6–Sept 10, 5.15pm–7.15pm

A course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with teenagers can assist in supporting them safely through adolescence. Topics include the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points, behaviour and talking through challenging issues. Six 2 hour sessions.

VENUE: THE FAMILY CENTRE, AMBER ROAD. COST \$30

" I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

PARTICIPANT – UNDERSTANDING TEENAGERS

## FAMILY CENTRE PLAYGROUPS

All playgroups 9.30am–11.30am

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

Monday – Banora Point

Tuesday – Tweed Heads West

Wednesday – Tweed Heads South

Thursday – Murwillumbah

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents.

The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

# RELATIONSHIP COURSES

## Anger & Emotional Intelligence

Friday Sept 6, 9.30am–3.30pm

1 day course for men and women. Content includes: identify what anger is and what it does, what triggers your anger and ways to make it work for you and your relationships.

VENUE: THE FAMILY CENTRE, AMBER ROAD.

COST \$15 (INCLUDES LUNCH)

## Conversations for Change

Saturday Aug 31, 9.30am–3.30pm

1 day course explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

VENUE: THE FAMILY CENTRE, AMBER ROAD.

COST \$15 (INCLUDES LUNCH)

Are you a parent, carer, service provider, community member or student?

Do you want to find out how to get involved with The Family Centre?

Do you want to know how The Family Centre works with families & communities?

Interested in volunteering?

## COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Thursday August 8, 10am-12pm

Kentwell Community Centre, 20 Bangalow Road  
Ballina

### FIND OUT ABOUT:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

### EVERYONE IS WELCOME!

We look forward to seeing you at the info session

RSVP: Tuesday August 6 to (07) 5524 8711 or

info@thefamilycentre.org.au

Child minding is available please indicate if you need it when you RSVP

## Creating Real Connections

Saturday Aug 17, 9.30am–3.30pm

1 day course explores stresses on healthy relating, roadblocks to communication, listening and managing emotions.

VENUE: THE FAMILY CENTRE, AMBER ROAD.

COST \$15 (INCLUDES LUNCH)

It was a good course and I will try to implement some of the strategies, even though it seems impossible with my ex. However, I will use my knowledge from today's course for other relationships in my life.

PARTICIPANT – CREATING REAL CONNECTIONS

## COURSES FOR WOMEN

### Say What You Mean, Mean What You Say

Tuesdays July 30–Sept 17, 9.30–11.30am

A course for women covering communication skills, assertiveness, negotiation and managing conflict with a focus on self-esteem, personal development, boundaries and self-care. Eight 2 hour sessions.

VENUE: THE FAMILY CENTRE, AMBER ROAD. COST \$40

Group circles are a great way to release and express, all of the information is of great help and very useful references.

PARTICIPANT – SELF ESTEEM FOR WOMEN

## COURSES FOR MEN

### Pathways to Change for Men

Wednesdays July 31–Sept 18, 5.30pm–7.30pm

A course for men promoting self-awareness and self-development. Designed to assist men with parenting, maintaining healthy relationships and making positive life choices. Eight 2 hours sessions.

VENUE: THE FAMILY CENTRE, FRANCES ST. COST \$40

I'm not walking away a perfect man but I am walking away a better equipped man thanks to this.

PARTICIPANT – PATHWAYS TO CHANGE FOR MEN

## BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am–12.30pm Monday–Friday  
(07) 5524 8711 or go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

Limited childminding is available. Please enquire when you enrol.