



the
**family
centre**

COURSE PROGRAM TERM 4, 2015

PARENTING

CIRCLE OF SECURITY

Wednesdays Oct 14–Dec 2, 10am–12pm

8 week course for parents of children 0-5 years. Parents will learn how to identify their children's emotional needs and respond to their behaviours in ways which result in greater resilience, fewer behaviour difficulties, better relationships, improved self-esteem and enhanced school readiness.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$40

123 MAGIC

Tuesday Oct 27–Nov 10, 10am–12.30pm,

3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15

[FIND OUT MORE](#)

123 MAGIC

Mondays Oct 12–26, 5.30pm–7.30pm

3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: FRECKLES CHILDCARE CENTRE, TWEED HEADS

COST: \$15

[FIND OUT MORE](#)

TRIPLE P SEMINAR

Tuesday Oct 20, 9am–10.15am

Raising confident, competent children. This informal presentation offers a brief introduction to the Triple P strategies and deals with common parenting issues that we all face.

VENUE: TWEED HEADS PRIMARY SCHOOL

NO COST

[FIND OUT MORE](#)

SOON THEY'LL BE TEENAGERS

Wednesdays Nov 4 – Nov 25, 6pm–8pm

This 4 week 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 awareness and strategies around your own reactions when your 'buttons are pushed' and establish clear boundaries whilst maintaining a positive connection.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$20

[FIND OUT MORE](#)

UNDERSTANDING TEENAGERS

Tuesdays Oct 27–Dec 1, 5–7pm

6 week course for 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.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$30

[FIND OUT MORE](#)

FAMILY CENTRE PLAYGROUP

All playgroups 9.30–11.30am

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

Access information regarding parenting and appropriate local services.

NO COST

Monday – Banora Point

Tuesday – Cabarita

Wednesday – Murwillumbah

Thursday – Tweed Heads

"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

HEALTHIER RELATIONSHIPS: COMMUNICATION

Saturday Oct 31, 9.30am–3.30pm

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

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15 (includes lunch)

[FIND OUT MORE](#)

HOLDING SUCCESSFUL DIFFICULT CONVERSATIONS

Saturday Nov 14, 9.30am–3.30pm

This 1 day workshop 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.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (includes lunch)

[FIND OUT MORE](#)

ANGER: MAKING IT WORK FOR YOU

Friday Oct 30, 9.30am–3.30pm

Workshop 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: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15 (includes lunch)

[FIND OUT MORE](#)

THE LOVING RELATIONSHIP SEMINAR

Thursdays, Nov 19, 6pm–8.30pm

This seminar will provide information and discussion about understanding "Love Languages" and to help you understand the dynamics that play out in intimate couple relationships. You will also find out how the brain works in relationships and learn what needs weren't met in childhood are wanting to be met in your love relationship. This seminar is for singles and couples.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$5

WELLBEING

THE MINDFUL ART OF STRESS REDUCTION

Friday Nov 13, 10am–2.30pm

This 1 day workshop explores the many avenues that support us to manage the challenges we face in our lives as parents, partners and family members. It will introduce us to a knowledge and understanding of stress. We will discuss and explore techniques of mindfulness and use creative activities to help develop awareness, supporting us to reduce stress in our lives.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (includes lunch)

[FIND OUT MORE](#)

"Wonderful course - wish I'd done it years ago."

"Relaxed, sense of wellbeing. I think it will be helpful. Enjoyed the craft, movement and meditation."

"On purpose, in the present moment, and non-judgmentally."

PARTICIPANT – THE MINDFUL ART OF STRESS REDUCTION

MEN

PATHWAYS TO CHANGE FOR MEN

Wednesday Oct 28–Dec 16, 5pm–7.30pm

8 week self-awareness & self-development course for men. Designed to assist men with; parenting, maintaining healthy relationships & making positive life choices.

VENUE: THE FAMILY CENTRE, FRANCES ST TWEED HEADS

COST: \$40

[FIND OUT MORE](#)

WOMEN

SELF ESTEEM FOR WOMEN

Thursdays, Oct 29–Dec 17, 9.30–11.30am

8 week course covering: personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$40

[FIND OUT MORE](#)

BOOKINGS ARE ESSENTIAL

For further information on any of our courses
or workshops please call 9am–12.30pm Monday–Friday

(07) 5524 8711

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.

Child minding is available upon request.