

PARENTING COURSES

YOUNG MUMS TO BE

Wednesdays Mar 2–Apr 6, 10am–12.30pm

6 week 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. New clients accepted throughout the course.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

NO COST

CIRCLE OF SECURITY

Thursdays Jan 21–Mar 3, 10am–12.30pm

7 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: BANORA POINT COMMUNITY CENTRE

COST: \$40

[FIND OUT MORE](#)

TRIPLE P COURSE

Mondays Feb 8–Mar 14, 10am–12.30pm

6 week parenting course for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

VENUE: BANORA POINT COMMUNITY CENTRE

NO COST

[FIND OUT MORE](#)

UNDERSTANDING TEENAGERS

Tuesdays Feb 16–Mar 22, 5–7pm

6 week 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 your teenager 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 and behaviour, and talking through challenging issues.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$30

[FIND OUT MORE](#)

“ 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 9.30–11.30am

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 COURSES

ANGER: MAKING IT WORK FOR YOU

Friday Feb 26, 9.30am–3.30pm

A 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, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

HEALTHIER RELATIONSHIPS: COMMUNICATION

Saturday Feb 27, 9.30am–3.30pm

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

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

HOLDING SUCCESSFUL DIFFICULT CONVERSATIONS

Saturday Mar 12, 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. 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, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

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 – HEALTHIER RELATIONSHIPS: COMMUNICATION

WELLBEING COURSES

THE MINDFUL ART OF STRESS REDUCTION

Friday Mar 11, 10am–2.30pm

This 1 day course 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: MURWILLUMBAH COMMUNITY CENTRE

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**

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN

Saturdays Mar 5 & 19, 9.30am–3.30pm

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

Transport can be provided for people travelling from Tweed Heads.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$40

[FIND OUT MORE](#)

COURSES FOR WOMEN

SAY WHAT YOU MEAN, MEAN WHAT YOU SAY

Thursdays Feb 11–Mar 24, 9.30–11.30am

6 week course for women covering communication skills, assertiveness, negotiation and managing conflict with a focus on self-esteem, personal development, boundaries and self-care.

VENUE: BANORA POINT COMMUNITY CENTRE

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 or go to 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.