

PARENTING COURSES

CIRCLE OF SECURITY SEMINAR

Strengthening the Relationship

Wednesday May 4, 10am–12pm

Want to strengthen the relationship with your baby/child? This seminar is for parents of children birth-5 years. Parents will learn how to identify their children's emotional needs and respond to their behaviours.

VENUE: BANORA POINT COMMUNITY CENTRE

NO COST

[FIND OUT MORE](#)

CIRCLE OF SECURITY SEMINAR

Tuesdays May 10–June 28, 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

Fridays June 17–July 1, 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

Wednesdays May 11–May 25, 10am–12pm

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

VENUE: MOUNT WARNING PRESCHOOL

COST: \$15

[FIND OUT MORE](#)

SOON THEY'LL BE TEENAGERS

Thursdays May 26–June 16 6–8pm

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 May 10–June 14, 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: CABARITA BOWLS CLUB

COST: \$30

[FIND OUT MORE](#)

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 – Tweed Heads

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: MAKING IT WORK FOR YOU

Friday June 10, 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 May 21, 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 June 11, 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: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

THE LOVING RELATIONSHIP

Thursday May 19, 6pm–8.30pm or

Thursday June 23, 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. This seminar is for singles and couples.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$5

WELLBEING COURSES

THE MINDFUL ART OF STRESS REDUCTION

Friday May 20, 10am–2pm

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: 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**

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN

Wednesday May 18–July 6, 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

COST: \$40

[FIND OUT MORE](#)

COURSES FOR WOMEN

SELF ESTEEM FOR WOMEN

Thursdays May 19–July 7, 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 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.