

PARENTING COURSES

CIRCLE OF SECURITY

Thursdays July 28–Sept 22, 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: MURWILLUMBAH COMMUNITY CENTRE

COST: \$40

[FIND OUT MORE](#)

TRIPLE P

Tuesdays Aug 16–Sept 6 10am–12.30pm

4 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: THE FAMILY CENTRE, TWEED HEADS SOUTH

NO COST

[FIND OUT MORE](#)

TRIPLE P SEMINAR

Raising Resilient Children

Thursday Aug 25, 9.30–10.45am

An informal presentation of strategies for parents to help children deal with their emotions. We will discuss six ways parents can help children build these important skills.

VENUE: MURWILLUMBAH EAST PUBLIC SCHOOL

NO COST

123 MAGIC

Wednesdays July 20–Aug 3, 6–8pm

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

VENUE: BILLIKIDS CHILDCARE CENTRE, BILAMBIL HEIGHTS

COST: \$15

[FIND OUT MORE](#)

CIRCLE OF SECURITY SEMINAR

Strengthening The Relationship

Wednesday Sept 7, 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: THE FAMILY CENTRE, TWEED HEADS SOUTH

NO COST

[FIND OUT MORE](#)

UNDERSTANDING TEENAGERS

Tuesdays Aug 2–Sept 6, 5.15–7.15pm

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 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 and behaviour, and talking through challenging issues.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

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 AND EMOTIONAL INTELLIGENCE

Friday Aug 12, 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](#)

CREATING REAL CONNECTIONS

Saturday Aug 13, 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](#)

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

CONVERSATIONS FOR CHANGE

Saturday Aug 27, 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](#)

THE LOVING RELATIONSHIP

Thursdays July 28 & Sept 8, 6.00-8.30pm

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

COURSES FOR WOMEN

PATHWAYS TO CHANGE FOR WOMEN

Thursdays Aug 4–Sept 22, 9.30–11.30am

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

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$40

[FIND OUT MORE](#)

"The course content was concise, practical and very helpful in guiding me with the changes I needed to make in my life. A wonderful facilitator and I was very grateful for her support and wisdom."

PARTICIPANT – PATHWAYS TO CHANGE FOR WOMEN

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.