

PARENTING COURSES

TRIPLE P

Wednesdays Feb 22–March 15, 9.30am–12pm

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: BALLINA PRESBYTERIAN CHURCH HALL, BALLINA

NO COST

[FIND OUT MORE](#)

GRANDPARENT & KINSHIP CARE SUPPORT GROUP

First Friday of the month, 10–11.30am

This support group gives those who take a primary care role in their grandchildren's lives the opportunity to meet others in a similar situation and share experiences, both positive and challenging. Gain information and support on looking after yourself in your unique role, parenting strategies, legal rights, community support, health and wellbeing.

VENUE: THE FAMILY CENTRE, 62 TAMAR ST BALLINA

NO COST

FAMILY CENTRE PLAYGROUP

Thursday 10am–12pm

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

Access information regarding parenting and appropriate local services.

VENUE: JACARANDA PARK, SUNRISE BEACH, BYRON BAY.

NO COST

RELATIONSHIP COURSES

ANGER AND EMOTIONAL INTELLIGENCE

Friday Feb 24, 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, TAMAR ST BALLINA

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am–12.30pm Monday–Friday
(02) 6686 4109 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.