

## PARENTING COURSES

### YOUNG MUMS TO BE

Wednesdays February 1–22, 10am–12:30pm

4 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.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: NO COST

### CIRCLE OF SECURITY PARENTING SEMINAR

Strengthening the Relationship

Monday Mar 20, 12.30–2.30pm

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: POSSUMS PRESCHOOL, CONDONG  
NO COST

### CIRCLE OF SECURITY PARENTING

Fridays February 10–Mar 31, 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

[FIND OUT MORE](#)

### 123 MAGIC

Tuesdays Feb 21– Mar 7, 5.30–7.30pm

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

VENUE: SMILEY TOTS CHILDCARE CENTRE, CHINDERAH

COST: \$15

[FIND OUT MORE](#)

### SOON THEY'LL BE TEENAGERS

Thursdays March 9–March 30, 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 Feb 21–March 28, 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 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: ,KINGSCLIFF BEACH 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

### CREATING REAL CONNECTIONS

Saturday Feb 25, 9.30am–3.30pm

This 1 day course gives you new skills to create positive and constructive ways of communicating. Reflect on how we communicate and develop strategies for building positive relationships.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

### CONVERSATIONS FOR CHANGE

Saturday March 11, 9.30am–3.30pm

This 1 day course 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](#)

## WELLBEING COURSES

### THE MINDFUL ART OF STRESS REDUCTION

Friday March 10, 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](#)

## COURSES FOR WOMEN

### SAY WHAT YOU MEAN, MEAN WHAT YOU SAY

Thursdays Feb 9–Mar 30, 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](#)

### THE LOVING RELATIONSHIP SEMINAR

Thursday Jan 19, 6–8.30pm or

Thursday Feb 16, 6–8.30pm or

Thursday March 16, 6–8.30pm or

Thursday April 13, 6–8.30pm or

This seminar will provide information and discussion about understanding “Love Languages” 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: NO COST

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

### MEDITATION: A CALMING APPROACH TO EVERYDAY LIFE

Wednesdays Feb 15–March 8, 5–7.30pm

At times it can all seem too much and we feel stressed and anxious. This 4 week course will introduce you to ways that will enhance your ability to be with the stresses and strains of a demanding life. This is an opportunity to learn various meditative techniques and gain useful information that you can integrate into your everyday life.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$30

### MEDITATION FOR LIFE SEMINAR

Thursday Feb 2, 6–8.30pm

This seminar is an opportunity to explore how stress impacts on your life and what steps you might take to bring about a more relaxed and calm approach to your everyday activities and relationships. You will have the opportunity to experience various approaches to meditation and find the way that best suits you.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: NO COST

## COURSES FOR MEN

### PATHWAYS TO CHANGE FOR MEN

Saturdays March 4 & March 18, 9.30am–4.30pm

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

VENUE: MURWILLUMBAH 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](http://www.thefamilycentre.org.au)