

PARENTING COURSES

YOUNG MUMS TO BE

Wednesdays May 24–Jun 28, 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.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH
NO COST

CIRCLE OF SECURITY PARENTING

Fridays May 5–Jun 23, 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](#)

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

FAMILY CENTRE PLAYGROUPS

All playgroups 9.30–11.30am

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

Access to useful information regarding parenting, local services and activities.

NO COST

Monday – Banora Point

Tuesday – Cabarita

Wednesday – Tweed Heads

Thursday – Murwillumbah

123 MAGIC

Tuesdays June 6– June 20, 10.00-12.30pm

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](#)

UNDERSTANDING TEENAGERS

Wednesdays May 10–June 14, 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: THE FAMILY CENTRE, TWEED HEADS SOUTH
COST: \$30

[FIND OUT MORE](#)

"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 June 9, 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: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

CONVERSATIONS FOR CHANGE

Saturday June 10, 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: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

WELLBEING COURSES

THE MINDFUL ART OF STRESS REDUCTION

Friday June 23, 10am–2.30pm

This 1 day workshop 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](#)

Loved the music, meditation, other interaction, art, time out, change, being interested, being in a group session to add self awareness and self confidence - speaking skills.

PARTICIPANT – THE MINDFUL ART OF STRESS REDUCTION

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN

Wednesdays May 17–July 5, 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, TWEED HEADS

COST: \$40

[FIND OUT MORE](#)

COURSES FOR WOMEN

SELF ESTEEM FOR WOMEN

Saturdays May 20 & June 3, 9.30–3.30pm

2 day course covering: personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$40

SELF ESTEEM FOR WOMEN

Thursdays May 18–July 6, 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.