

## PARENTING COURSES

CIRCLE OF SECURITY –  
STRENGTHENING THE RELATIONSHIP  
SEMINAR

Thursday Sept 21, 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: PRESBYTERIAN CHURCH HALL BALLINA. NO COST

## TRIPLE P

Tuesdays Aug 1st–15th, 10.30am–12.30pm

3 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: FEDERAL HALL – JASPER CORNER, FEDERAL. NO COST

FIND OUT MORE

## 123 MAGIC

Wednesdays Sept 6th–20th, 10.30am–12.30pm

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

VENUE: PRESBYTERIAN CHURCH HALL BALLINA. COST: \$15

FIND OUT MORE

## FAMILY CENTRE PLAYGROUPS

Wednesdays 10am–12pm

South Golden Beach

Thursdays 10am–12pm

Ballina Primary School in conjunction with Bunjum

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

Access information regarding parenting and appropriate local services.

NO COST

NEW

GRANDPARENTS & KINSHIP CARE  
SUPPORT GROUP

First Friday of the month, 10–11.30am

This support group gives those who take a primary care role of their grandchildren's lives the opportunity to meet others in a similar situation and share experiences.

VENUE: THE FAMILY CENTRE, 62 TAMAR ST, BALLINA. NO COST

## WELLBEING COURSES

THE MINDFUL ART OF STRESS  
REDUCTION

Friday Aug 25th, 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, 62 TAMAR ST, BALLINA

COST: \$15 (includes lunch)

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

## 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](http://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.