

## PARENTING COURSES

### YOUNG MUMS TO BE

Wednesdays Aug 2–Sept 6, 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

Tuesdays July 25–Sept 12, 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](#)

### CIRCLE OF SECURITY PARENTING – STRENGTHENING THE RELATIONSHIP SEMINAR

Wednesday Sept 13, 9.30am–11.30am

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: TWEED HEADS SOUTH PUBLIC SCHOOL

COST: NO COST

### TRIPLE P COURSE

Tuesdays Jul 25–Aug 15, 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

COST: NO COST

[FIND OUT MORE](#)

### SOON THEY'LL BE TEENAGERS

Thursdays August 24–Sept 14, 6.00–8.00pm

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 Aug 1–Sept 5, 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.

VENUE: CABARITA BEACH BOWLS & SPORTS 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 to useful information regarding parenting, local services and activities.

NO COST

Monday – Banora Point

Tuesday – Cabarita

Wednesday – Tweed Heads

Thursday – Murwillumbah

## RELATIONSHIP COURSES

### ANGER AND EMOTIONAL INTELLIGENCE

Friday Aug 11, 9.30am–2.30pm

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](#)

### CONVERSATIONS FOR CHANGE

Saturday Aug 26, 9.30am–2.30pm

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.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

### CREATING REAL CONNECTIONS

Saturday Aug 12, 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](#)

### THE LOVING RELATIONSHIP

Every 2nd Thursday of the month

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: NO COST

## COURSES FOR MEN

### PATHWAYS TO CHANGE FOR MEN

Saturday Aug 19 and Sept 2, 9.30am–3.30pm

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

VENUE: THE FAMILY CENTRE, FRANCES ST, TWEED HEADS

COST: \$40

[FIND OUT MORE](#)

## COURSES FOR WOMEN

### PATHWAYS TO CHANGE FOR WOMEN

Thursday Aug 3–Sept 21, 9.30am–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](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.