

PARENTING COURSES

123 MAGIC

Tuesdays Nov 7-21, 12.30pm–2.30pm

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

VENUE: OCEAN SHORES COMMUNITY CENTRE. COST: \$15

[FIND OUT MORE](#)

CIRCLE OF SECURITY PARENTING

Thursdays Oct 12–Nov 30, 10.30am–12.30pm

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: PRESBYTERIAN CHURCH HALL BALLINA. COST: \$40

[FIND OUT MORE](#)CIRCLE OF SECURITY –
STRENGTHENING THE RELATIONSHIP
SEMINAR

Monday Nov 27, 10.30am–12.30pm

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: OCEAN SHORES COMMUNITY CENTRE. NO COST

FAMILY CENTRE PLAYGROUPS

Wednesdays 10am–12pm

South Golden Beach

NEW

Thursdays 10am–12pm

Ballina Primary School in conjunction with Bunjum

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

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

Playgroups are run during NSW school terms.

NO COST

RELATIONSHIP COURSES

CONVERSATIONS FOR CHANGE

Saturday Nov 18, 9.30am–2.30pm

This 1 day workshop 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, TAMAR STREET, BALLINA

COST: \$15 (includes lunch)

[FIND OUT MORE](#)

WELLBEING COURSES

THE MINDFUL ART OF STRESS
REDUCTION

Friday Nov 10, 10am–2.30pm

This 1 day workshop explores the many strategies that can 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: OCEAN SHORES COMMUNITY CENTRE

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

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.