

PARENTING COURSES

123 MAGIC

Thursdays Nov 23–Dec 7, 12pm–2:30pm

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

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15

[FIND OUT MORE](#)

CIRCLE OF SECURITY PARENTING

Tuesdays Oct 17–Dec 5, 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](#)

"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

CIRCLE OF SECURITY PARENTING – STRENGTHENING THE RELATIONSHIP SEMINAR

Thursday Nov 16, 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: MURWILLUMBAH COMMUNITY CENTRE

COST: NO COST

" I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

PARTICIPANT – UNDERSTANDING TEENAGERS

UNDERSTANDING TEENAGERS

Thursdays Nov 2–Dec 7, 5.15pm–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: THE FAMILY CENTRE, FRANCES ST, TWEED HEADS

COST: \$30

[FIND OUT MORE](#)

FAMILY CENTRE PLAYGROUPS

All playgroups 9.30am–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.

Playgroups are run during NSW school terms.

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

ANGER AND EMOTIONAL INTELLIGENCE

Friday Oct 27, 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: THE FAMILY CENTRE, TWEED HEADS SOUTH

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

Went in not realising why I react the way I do sometimes. Now I have the knowledge for helpful strategies to cope and handle stress and negative emotions.

Participant – Anger and Emotional Intelligence

CREATING REAL CONNECTIONS

Saturday Oct 28, 9.30am–2.30pm

This 1 day course explores: stresses on healthy relating, roadblocks to communication, listening, managing emotions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE

COST: \$15 (INCLUDES LUNCH)

[FIND OUT MORE](#)

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

THE LOVING RELATIONSHIP

Choice of dates, either Thursday Oct 12, Nov 16 and Dec 14, 6pm–8.30pm

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

Wednesdays Oct 25–Dec 13, 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](#)

I'm not walking away a perfect man but I am walking away a better equipped man thanks to this.

PARTICIPANT – PATHWAYS TO CHANGE FOR MEN

COURSES FOR WOMEN

SELF ESTEEM FOR WOMEN

Thursdays Oct 26–Dec 14, 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](#)

Group circles are a great way to release and express, all of the information is of great help and very useful references.

PARTICIPANT – SELF ESTEEM FOR WOMEN

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.