

## PARENTING COURSES

## YOUNG MUMS TO BE

Wednesdays Feb 28 – April 11, 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. NO COST

## CIRCLE OF SECURITY PARENTING

Thursdays Feb 8 – Mar 29, 10am-12pm

The 8 week Circle of Security parenting program is based on decades of research on children 0-5yrs showing how secure parent-child relationships can be supported and strengthened. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$40

## 123 MAGIC

Tuesdays Feb 20 – Mar 6, 5.30-7.30pm

123 Magic is an evidence-based parenting program recommended for parents/carers with children aged 2-12 years. The program is facilitated across 3 sessions and supports parents/carers to feel more confident to respond to their child's behaviour. Parents/carers are provided practical strategies to engage their child in the process of identifying and managing their own emotions.

VENUE: THE FAMILY CENTRE. COST: \$15

## TRIPLE P COURSE

Tuesdays Mar 6 – 27, 1pm-3.30pm

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. NO COST

## SING AND GROW

Tuesdays Feb 13 – Mar 20, 9.30-11.30am

6 week music therapy program coordinated through our Early Years Network services. The program provides families with a safe space to interact to increase their confidence to use music and play at home and to learn new ways to support their child's development. Families will explore traditional and non-traditional children's songs, percussion instruments, drums, ribbons, balls and parachutes in a developmentally stimulating, fun and musical environment.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

## SOON THEY'LL BE TEENAGERS

Thursdays Mar 1 – Mar 22, 6-8pm

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

## UNDERSTANDING TEENAGERS

Wednesdays Feb 7 – Mar 14, 5.15-7.15pm

A 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 teenagers 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, behaviour and talking through challenging issues.

VENUE: THE FAMILY CENTRE. COST \$30

“ 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

## 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

Wednesday – Tweed Heads

Thursday – Murwillumbah

## RELATIONSHIP COURSES

### CONVERSATIONS FOR CHANGE

Saturday Mar 10, 9.30am-3.30pm

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. COST \$15 (INCLUDES LUNCH)

### THE LOVING RELATIONSHIP SEMINAR

Choice of dates, either Thursday Jan 11, Feb 8, Mar 8 or April 12, 6.30-9pm

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. You will also find out how the brain works in relationships and learn how unmet childhood needs are often carried in to adult love relationships. Knowing this information can be a helpful and positive influence on your relationship. This seminar is for singles and couples.

VENUE: THE FAMILY CENTRE. NO COST

## COURSES FOR MEN

### PATHWAYS TO CHANGE FOR MEN

Saturday Mar 3, 9.30am-3.30pm and  
Saturday Mar 17, 9.30am-4.30pm

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

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST \$30

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**

### SAVER PLUS

**HOSTED BY THE SMITH FAMILY - FINANCIAL EDUCATION PROGRAM**

Wednesday April 4, 10-11am

A 1 day information session introducing Saver Plus which is a 10 month savings program that provides financial education, budgeting and savings tips, and matches participants savings up to \$500 for education costs. To join Saver Plus, you must meet all of the eligibility criteria. Do you have a Centrelink Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work and have a child at school or you are attending educational yourself?

VENUE: THE FAMILY CENTRE. NO COST

## WELLBEING COURSES

### THE MINDFUL ART OF STRESS REDUCTION

Friday Mar 9, 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 which will help us to reduce stress in our lives.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST \$15 (INCLUDES LUNCH)

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 WOMEN

### SAY WHAT YOU MEAN, MEAN WHAT YOU SAY

Thursdays Feb 8– Mar 29, 1-3pm

8 week course for women covering communication skills, assertiveness, negotiation and managing conflict with a focus on self-esteem, personal development, boundaries and self-care.

VENUE: THE FAMILY CENTRE. COST \$40

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](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.