

## PARENTING COURSES

### 123 MAGIC

Tuesdays Nov 13-27, 9.30am-12.30pm

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, TWEED HEADS SOUTH. COST: \$15

### CIRCLE OF SECURITY PARENTING

Wednesdays Oct 17- Dec 5, 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

"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**

### UNDERSTANDING TEENAGERS

Wednesdays Oct 24-Nov 28, 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 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, TWEED HEADS SOUTH. 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

Tuesday – Tweed Heads West

Wednesday – Tweed Heads South

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**

## WELLBEING COURSES

### THE MINDFUL ART OF STRESS REDUCTION

Friday Nov 16, 10am-2.30pm

1 day course that 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: THE FAMILY CENTRE, TWEED HEADS SOUTH.  
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**

## RELATIONSHIP COURSES

### ANGER AND EMOTIONAL INTELLIGENCE

Friday Nov 2, 9.30am-3.30pm

1 day course 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)

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 Nov 3, 9.30am-3.30pm

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

VENUE: MURWILLUMBAH COMMUNITY CENTRE  
COST: \$15 (includes lunch)

### CONVERSATIONS FOR CHANGE

Saturday Nov 17, 9.30am-3.30pm

1 day course that 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, TWEED HEADS SOUTH  
COST: \$15 (includes lunch)

## COURSES FOR WOMEN

### SELF ESTEEM FOR WOMEN

Saturdays Nov 10 & Nov 24, 9.30am-3.30pm

A 2 day course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH  
COST: \$30

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**

## COURSES FOR MEN

### PATHWAYS TO CHANGE FOR MEN

Wednesdays Oct 31- Dec 19, 5pm-7.30pm

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

VENUE: THE FAMILY CENTRE, TWEED HEADS  
COST: \$40 (includes lunch)

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**

## COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Thursday Oct 18, 12pm-2pm  
The Family Centre, Amber Road

### FIND OUT ABOUT:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

### EVERYONE IS WELCOME!

We look forward to seeing you at the info session

RSVP: Tuesday Oct 16 to (07) 5524 8711 or [info@thefamilycentre.org.au](mailto:info@thefamilycentre.org.au)

**Child minding is available please indicate if you need it when you RSVP**

## 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.

Are you a parent, carer, service provider, community member or student?

Do you want to find out how to get involved with The Family Centre?

Do you want to know how The Family Centre works with families & communities?

Interested in volunteering?