

## PARENTING COURSES

### TRIPLE P COURSE

Wednesdays Mar 6 – Mar 27, 9.30am-12pm, no cost

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: BALLINA PRESBYTERIAN CHURCH HALL. NO COST

A fantastic course for any parent looking to understand their children's behaviour and their parenting practices. A great opportunity to reflect on your family dynamics and patterns.

**PARTICIPANT – 123 MAGIC**

### COF SECURITY PARENTING

Fridays Feb 22 – April 5, 12-2pm

This 7 week Circle of Security parenting course 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: COOGERA INTEGRATED CHILDREN'S SERVICE,  
SUFFOLK PARK. 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**

### TRIPLE P COURSE

Tuesdays Feb 19 – Mar 12, 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: FEDERAL COMMUNITY HALL, ALBERT STREET FEDERAL.  
NO COST

## FAMILY CENTRE PLAYGROUPS

All playgroups 10am-12pm

Wednesdays

South Golden Beach

Thursdays

Ballina Public School, Aboriginal Learning Centre

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

"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](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.