

## PARENTING COURSES

### YOUNG MUMS TO BE

Wednesdays Feb 13-Mar 20, 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, AMBER ROAD. NO COST

### CIRCLE OF SECURITY PARENTING

Thursdays Feb 14 – April 4, 10am–12pm

The 8 week Circle of Security Parenting course is based on decades of research on children 0-5yrs showing how to create, support and strengthen secure parent-child relationship. 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: THE FAMILY CENTRE, AMBER ROAD. 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

### 123 MAGIC

Tuesdays Feb 26-Mar 12, 6-8pm

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: THE FAMILY CENTRE, AMBER ROAD. COST \$15

### BRINGING UP GREAT KIDS

Mondays Feb 18 – Mar 25, 10am–12pm

Relationship and reflective practices are the heart of this program. Parents have the opportunity to identify the important messages they want to convey to their children and understand the messages that children communicate to their parents. Parents aim to discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

### SOON THEY'LL BE TEENAGERS

Thursdays Mar 7 - Mar 28, 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 an awareness of you own reactions and strategies to manage situations where your 'buttons are pushed'. The course will also assist you to establish clear boundaries whilst maintaining a positive connection.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$20

### UNDERSTANDING TEENAGERS

Tuesdays Feb 12 - Mar 19, 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 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: CABARITA BEACH BOWLS AND SPORTS CLUB. 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

# RELATIONSHIP COURSES

## ANGER & EMOTIONAL INTELLIGENCE

Friday April 5, 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, AMBER ROAD.  
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 Feb 16, 9.30am-3.30pm

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

VENUE: THE FAMILY CENTRE, AMBER ROAD  
COST: \$15 (includes lunch)

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**

## CONVERSATIONS FOR CHANGE

Saturday April 6, 9.30am-3.30pm

1 day course 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, AMBER ROAD.  
COST: \$15 (includes lunch)

# COURSES FOR MEN

## PATHWAYS TO CHANGE FOR MEN

Saturday Mar 2 and Mar 16, 9.30am-3.30pm

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: \$40

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**

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?

## COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Thursday Feb 7, 10am-12pm  
Murwillumbah Community Centre

### 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 Feb 5 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.