

PARENTING COURSES

123 Magic & Emotion Coaching

Tuesdays Aug 13–27, 1pm–3pm

An evidence based parenting program for parents/carers with children aged from 2 – 12 years. The program is facilitated over 3 sessions & supports parents/carers to feel more confident to respond to their children's behaviours. Parents/carers are provided practical strategies to engage with their child in the process of identifying & managing their own emotions, encouraging positive behaviours & building emotional resilience. Three 2.5 hour sessions.

VENUE: COOGERA INTEGRATED CHILDREN'S CENTRE. COST \$15

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

Circle of Security Parenting

Wednesdays July 24–Sept 4, 9.30am–11.30am

The 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. Seven 2 hour sessions.

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. 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

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

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 August 8, 10pm-12pm

Kentwell Community Centre, 20 Bangalow Road
Ballina

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 August 6 to (07) 5524 8711 or
info@thefamilycentre.org.au

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

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.

Limited childminding is available. Please enquire when you enrol.