

PARENTING COURSES

123 Magic & Emotion Coaching

Thursdays Nov 14–28, 10am–12.30pm

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.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$15

Parenting Seminar

Thursday Oct 24, 10am–12.30pm

A 2hr seminar providing an introduction to the parenting programs we offer. Based on decades of research for children aged 0-12 years. Parents will explore how to identify their children's emotional needs, respond to their behaviours & strengthen parent/child relationships.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

Sing & Grow

Mondays Oct 21 – Nov 25, 10am–12pm

6 week music therapy program for children aged 0-6 years 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. 6 x 2hr sessions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

"It was wonderful to see the children blossom with personal acknowledgement from the greeting song. a sense of community was very satisfying."

PARTICIPANT – SING & GROW

Bringing up Great Kids

Tuesdays 5 Nov–3 Dec, 10am–12pm

Relationship and reflective practices are the heart of this program. Parents of children 0-12 years 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. 6 x 2hr sessions.

VENUE: THE FAMILY CENTRE, AMBER RD. COST: \$30

"It was really helpful to actually find out the brain development of my child and learn that my child is not a mini adult but is developing every single day with everything we do, feel and nature."

PARTICIPANT – BRINGING UP GREAT KIDS

Understanding Teenagers

Wednesdays Oct 23–Nov 27, 5.15pm–7.15pm

A course for the parents of teenagers (12-17 years). 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: MURWILLUMBAH COMMUNITY 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

Mondays

Banora Point

Tuesdays

Tweed Heads West

Wednesdays

Tweed Heads South

Thursdays

Murwillumbah

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

RELATIONSHIP COURSES

Creating Real Connections

Saturday Oct 26, 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

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 October 24, 1pm-3pm
The Family Centre, Frances Street

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: Wednesday October 23 to (07) 5524 8711
or info@thefamilycentre.org.au

Anger & Emotional Intelligence

Friday Nov 22, 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)

COURSES FOR WOMEN

Self Esteem for Women

Thursday Oct 31 & Nov 14, 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, FRANCES ST.

COST: \$30 (includes lunch)

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

Friday & Saturday 18 & 19 Oct, 9.30am–3.30pm

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

VENUE: THE FAMILY CENTRE, AMBER ROAD.

COST: \$30 (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

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

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.