

PARENTING COURSES

Circle of Security

Wednesdays Feb 5-Mar 25, 10am-12pm

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. Eight 2 hour sessions

VENUE: COOGERA INTEGRATED CHILDREN'S 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

Triple P

Tuesdays Mar 10-24, 10am-12pm, no cost

3 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. 4 x 2 hour sessions

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. NO COST

"I have found the program to be so beneficial and is exactly what I needed. Already there has been a big and positive impact on our family and my relationship with the girls. I feel that I have some tools that I can draw upon when needed and can definitely see myself referring to the book when needed. Thank you so much for your support and guidance."

PARTICIPANT – TRIPLE P

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

Child and Family Services

What are Child & Family Services?

Our Child and Family Services aim to strengthen family relationships, increase the safety and wellbeing of children and young people.

Who is it for?

To be eligible for our service you need to be a Tweed, Byron or Ballina Shire resident and a member of a family with a dependent child or young person aged 0-12 years. There is no cost for this service.

How do we support families?

Families are offered an initial assessment interview, where support workers assist family members to identify their strengths and needs in relation to presenting family issues.

We assist families to develop goals that indicate how they would like things to be in their family. Once goals are determined we negotiate a support plan with the family, outlining how we can assist them to achieve their goals.

The support plan guides and provides a focus for our work with families. This includes: counselling, enhancing parenting and relationship skills, providing information about services and helping you access those services.

When & Where?

Child & Family workers can meet with families and family members at our Centres in Tweed Heads, Tweed Heads South, Murwillumbah, Byron and Ballina, in your home or at other agreed locations.

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.