

PARENTING COURSES

Bringing Up Great Kids

Tuesdays May 5–June 9, 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 parents they would like to be. Six 2 hour sessions

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. COST: \$30

123 Magic & Emotion Coaching

Tuesdays May 12–26, 9.30am–11.30am

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 hour sessions.

VENUE: OCEAN SHORES BAPTIST CHURCH HUB.

Circle of Security Seminar

Wednesday June 24, 10am–12pm

Want to strengthen the relationship with your baby/child? This seminar is for parents/carers of children birth - 5 years. Parents will learn how to identify their children's emotional needs and respond to their behaviours.

VENUE: KENTWELL CENTRE BALLINA. NO COST

Understanding Teenagers

Thursdays May 7– May 28, 9.30am–11.30am

A course for the parents of teenagers (12-17 year olds). 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. Four 2 hour sessions

VENUE: THE FAMILY CENTRE, RIVER STREET. COST:\$15

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?



Interested in volunteering?

COME ALONG TO THE FAMILY CENTRE
INFORMATION SESSION

Friday May 8, 12.30pm–2.30pm

Ocean Shores 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: Wednesday May 5 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.

Delivery of courses will be subject to COVID-19 restrictions and may need to be cancelled, delivered on-line or rescheduled. We will keep you updated on this.