

## PARENTING COURSES

### Triple P – Online

Wednesdays July 29–August 19, 6pm–8pm

4 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 hr sessions.

Online courses are for Ballina, Byron and Tweed Shire residents only.

### Bringing Up Great Kids

Thursdays July 30–September 3, 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.

The Family Centre, Amber Road South Tweed Heads. Cost: \$30

### 123 Magic & Emotional Coaching – Online

Tuesdays Sept 1–15, 10am–12pm

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.

Online courses are for Ballina, Byron and Tweed Shire residents only.

### Soon They'll Be Teenagers

Wednesdays August 19–September 9, 9.30am–11.30am

This 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. Four 2 hour sessions

Murwillumbah Community Centre. Cost: \$20

### Tuning in To Teens – Online

Wednesdays August 5–September 9, 5.30pm–7.30pm

Help your teen to manage their emotions, handle conflict, open up and connect. This six week course shows you how to help your teen develop emotional intelligence. Teens who understand their emotions: have greater success with making and keeping friends; are able to concentrate more easily; are more able to calm down when; angry or upset. Six 2 hour sessions.

Online courses are for Ballina, Byron and Tweed Shire residents only.

### Understanding Teenagers

Tuesdays August 4–September 8, 5.30pm–7.30pm

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. 6 x 2 hr sessions.

The Family Centre, Amber Road South Tweed Heads. Cost: \$30

## RELATIONSHIP COURSES

### Anger & Emotional Intelligence

Friday September 18, 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.

The Family Centre, Amber Road South Tweed Heads. Cost: \$15

## COURSES FOR WOMEN

### Say What You Mean, Mean What You Say – Online

Tuesdays August 4–25, 10am–12pm

A course for women covering communication skills, assertiveness, negotiation and managing conflict with a focus on self-esteem, personal development, boundaries and self-care. Four 2 hour sessions.

Online courses are for Ballina, Byron and Tweed Shire residents only.

## COURSES FOR MEN

### Pathways to Change for Men

Saturday August 15 & 29, 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.

Murwillumbah Community Centre. Cost: \$30

## 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.