

## PARENTING COURSES

## Circle of Security Parenting

Tuesdays October 20–December 8, 12.30pm–2.30pm

The Circle of Security parenting program is based on decades of research on children 0-5 years showing how secure parent/carer-child relationships can be supported and strengthened. Parents/carers 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/carers will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure. 8 x 2 hour sessions.

BAPTIST CHURCH HUB OCEAN SHORES. COST: \$40

## Triple P Parenting

Wednesdays November 4–November 25, 10am–12pm

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. COST: FREE

*ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED SHIRE RESIDENTS ONLY.*

## Understanding Teenagers

Thursdays November 12–December 3, 10am–12pm

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. 4 x 2 hr sessions.

ONLINE. COST: FREE

*ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED SHIRE RESIDENTS ONLY.*

## FAMILY CENTRE PLAYGROUPS

All playgroups 10am–12pm

Wednesdays

South Golden Beach

Thursdays

Ballina

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

Thursday October 22, 1pm–3pm

The Family Centre Ocean Shores

## 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 October 20 to (07) 5524 8711

or [info@thefamilycentre.org.au](mailto: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](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.