

## PARENTING COURSES

### Young Mums to Be

Wednesdays October 21–November 25, 10am–12:30pm

6 week course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Discussion topics include: healthy relationships, birthing positions, bonding, pregnancy health, physical changes, nutrition and feeding and trusting your body. We will also have time for relaxation, meditation and fun. Six 2.5 hour sessions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.

### Circle of Security Parenting

Thursdays October 22 – December 10, 10am–12pm

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.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS. COST: \$40

### Bringing Up Great Kids

Wednesdays October 28– December 2, 10am–12pm

Relationship and reflective practices are the heart of this program. Parents of 0-12 year olds 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 2 hour sessions

MURWILLUMBAH COMMUNITY CENTRE. COST: FREE

### 123 Magic & Emotion Coaching

Tuesdays October 20– November 3, 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. 3 x 2.5 hour sessions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS. COST: \$15

### Parenting Seminar

Friday November 20, 10am–12:30pm

A 2.5 hour seminar providing an introduction to the parenting programs we offer. Based on decades of research for children aged 0-12 years. Parents/carers will explore how to identify their children's emotional needs, respond to their behaviours & strengthen parent/carer - child relationships.

ONLINE COURSES FOR BALLINA, BYRON, TWEED RESIDENTS ONLY.  
COST: FREE

### Tuning into Teens

Wednesdays October 21–November 25, 5:30pm–7:30pm

A course for parents/carers of teenagers (12-17 year olds). Tuning in to Teens aims to help you and your adolescent manage the many emotional challenges of this stage of life. We will explore how to manage your own and your adolescent's emotions in ways that support you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. 6 x 2 hours sessions

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.  
COST: \$30

## FAMILY CENTRE PLAYGROUPS

### All playgroups 9.30am–11.30am

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

Monday – Banora Point

Wednesday – Tweed Heads South

Thursday – Murwillumbah

"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

### Anger & Emotional Intelligence

Friday November 6, 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

Went in not realising why I react the way I do sometimes. Now I have the knowledge for helpful strategies to cope and handle stress and negative emotions.

**PARTICIPANT – ANGER AND EMOTIONAL INTELLIGENCE**

### Creating Real Connections

Saturday October 24, 9:30am–3:30pm

1 day course explores stresses on healthy relationships, roadblocks to communication, listening and managing emotions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.  
COST: \$15

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?

## COURSES FOR MEN

### Pathways to Change for Men

Saturday November 21 & December 5, 9:30am–3:30pm

A 2 day course for men promoting self-awareness & self-development. Designed to assist men with parenting, maintaining healthy relationships & making positive life choices. 2 x 6 hour sessions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.  
COST: \$30

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**

## 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

## 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.

Limited childminding is available. Please enquire when you enrol.