

## PARENTING COURSES

### 123 Magic and Emotional Coaching

Tuesdays May 4–May 18, 10am–12pm

123 Magic and Emotional Coaching is a parenting course for parents of children 2–12 years. The course supports parents to feel more confident to respond to their children's behaviours. Parents 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 2hour sessions.

PRESBYTERIAN CHURCH HALL. COST: \$15

LIMITED CHILDMINDING AVAILABLE

### Circle of Security Parenting

Thursdays April 22–June 10, 10am–12pm

The Circle of Security Parenting course is a parenting course for parents of children 0–5yrs. The course shows parents 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. 8 x 2hour sessions.

MULLUMBIMBY NEIGHBOURHOOD 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 PARENTING

### Tuning into Teens – Online

Tuesdays May 4–June 8, 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 2hour sessions.

ONLINE. COST: FREE

ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED 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

## COURSES FOR WOMEN

### Self Esteem for Women

Thursday June 24, 9.30am–3.30pm

A 1 day course focussing on personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

MULLUMBIMBY NEIGHBOURHOOD CENTRE. COST: \$15

## COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Thursday May 6, 1pm–2.30pm

The Family Centre

Amber Road, Tweed Heads South

### 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 May 4 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.