

PARENTING COURSES

Young Mums to Be

Wednesdays May 12–June 16, 10am–12:30pm

A course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Sessions include practical information, as well as informal time focussing on a creative and nurturing activity alongside informal chats and discussion.

Discussion topics include: empower women in choice about healthy relationships, birthing options, bonding, physical changes, nutrition, feeding and trusting your body. We will also have time for relaxation, meditation and fun. 6 x 2.5hour sessions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.
NO COST

123 Magic & Emotion Coaching

Thursdays June 10–June 24, 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.

MURWILLUMBAH COMMUNITY CENTRE.
COST: \$15

Bringing Up Great Kids

Wednesdays May 5– June 9, 10am–12pm

Bringing up Great Kids is a parenting course that promotes and supports respectful, caring and nurturing relationships for children aged 0–12. Parents are encouraged to become more reflective and mindful in their parenting approach. The group involves fun and interactive activities that includes key learnings of brain development, attachment theory, self-care and other useful parenting strategies. 6 x 2hour sessions.

MURWILLUMBAH COMMUNITY CENTRE. COST: FREE
LIMITED CHILDMINDING AVAILABLE.

Circle of Security Parenting

Thursdays April 29– June 17, 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.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.
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

Parenting Seminar

Friday April 23, 10am–12.30pm

This is an introductory 2.5 hour seminar, providing an overview of The Family Centre's parenting programs including Bringing Up Great Kids, Circle of Security Parenting, 123 Magic & Emotion Coaching; based on decades of research for children aged 0–12 years. This seminar explores how to identify children's emotional needs, respond to their behaviours & strengthen parent/child relationships. 1 x 2.5hour session.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS.

COST: FREE

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 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 – Tweed Heads

Tuesday – Fingal

Wednesday – Tweed Heads South

Thursday – Murwillumbah

RELATIONSHIP COURSES

Anger and Emotional Intelligence

Friday June 25, 9:30am–3pm

1day 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

COURSES FOR MEN

Pathways to Change for Men

Saturdays May 29 and June 12, 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 6hour 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

COURSES FOR WOMEN

Say What You Mean & Mean What You Say

Tuesdays May 4– June 8, 10am–12pm

A course that assists women to identify their needs and feelings so they can communicate more effectively. We explore the tensions arising from setting boundaries and using assertiveness in managing conflict, how to communicate respectfully, and negotiate different people's perspectives. We explore skills for repairing after conflict, and the importance of self-care. 6 x 2hour sessions.

MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

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?

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

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

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.