

## PARENTING COURSES

**123 Magic & Emotion Coaching**

Wednesdays August 4–18, 12.30pm–2.30pm

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 hour sessions. .

SOUTH GOLDEN BEACH COMMUNITY CENTRE

COST: \$15

A fantastic course for any parent looking to understand their children's behaviour and their parenting practices. A great opportunity to reflect on your family dynamics and patterns.

PARTICIPANT – 123 MAGIC

**Circle of Security Parenting**

Tuesdays July 21–September 1, 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, KENTWELL CENTRE BALLINA

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

**Triple P Parenting – Online**

Tuesdays August 3–24, 5.30pm–7.30pm

4-week parenting course for parents/carers of children 2–12 years. Assists parents/carers 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 2hour sessions.

ONLINE.

COST: FREE

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

"I have found the program to be so beneficial and is exactly what I needed. Already there has been a big and positive impact on our family and my relationship with the girls. I feel that I have some tools that I can draw upon when needed and can definitely see myself referring to the book when needed. Thank you so much for your support and guidance."

PARTICIPANT – TRIPLE P

## 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

## 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.