

## PARENTING COURSES

### Young Mums to Be

Wednesdays July 14–August 18, 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

### No Scaredy Cats

Thursdays August 19–September 2, 10am–12.30pm

A course to support parents and caregivers to reduce anxiety and build resilience in children age 2-12 years old. The course will cover how anxiety develops, how parents/caregivers can take a preventable role in the development of anxiety problems, and how parents/caregivers can support children to develop skills to reduce anxiety and build resilience. 3 x 2.5 hour sessions.

THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS

COST: \$15

### 123 Magic & Emotion Coaching – Online

Thursdays July 22–August 5, 10am–12pm

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.

ONLINE (ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED RESIDENTS ONLY)

NO COST

"Thank you for doing this course I found it very helpful and learnt some new skills with emotion coaching and the facilitators were excellent. It was great to do the course via zoom and it was also helpful to speak to other parents going through similar issues. I would definitely recommend this course to others."

PARTICIPANT - 123 MAGIC & EMOTION COACHING

### Soon They'll Be Teenagers – Online

Mondays August 4– August 25, 10am–12pm

New tools and strategies as well as knowledge of your child's physical, social and emotional developmental changes. It will help you develop awareness and strategies around your own reactions when your buttons are pushed and establish clear boundaries whilst maintaining a positive connection. 4 x 2hour sessions.

ONLINE

NO COST (FOR RESIDENTS OF 2484)

### Tuning into Teens

Tuesdays July 27–August 31, 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.

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 – Tweed Heads

Tuesday – Fingal

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 and Emotional Intelligence

Friday September 10, 9.30am–3pm

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 July 24, 9.30am–3pm

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

Excellent Course, lots of information to take and put into practice. I wish I had done this course years ago.

**PARTICIPANT – CREATING REAL CONNECTIONS**

## COURSES FOR WOMEN

### Self Esteem for Women

Tuesdays July 27– August 17, 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.

ONLINE (ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED RESIDENTS ONLY)

NO COST

Group circles are a great way to release and express, all of the information is of great help and very useful references.

**PARTICIPANT – SELF ESTEEM FOR WOMEN**

## 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.