

PARENTING COURSES

123 Magic & Emotion Coaching – Online

16 November – 30 November 2021, 10.30am–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 hour sessions.

ONLINE AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES.

NO COST

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

BRINGING UP GREAT KIDS

27 October – 1 December, 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.

COOGERA CENTRE SUFFOLK PARK. COST: \$30

UNDERSTANDING TEENAGERS – ONLINE

21 OCTOBER – 11 NOVEMBER 2021, 10AM–12PM

Course Description: This four week course focusses on strategies to support our teenagers to manage their emotions and behaviour, and to learn skills to deal with challenging behaviour. For parents and carers of pre-teens and teens. 4 x 2 hour sessions.

ONLINE AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES.

NO COST

RELATIONSHIP COURSES

COUCH CHAT – ONLINE

19 October – 26 October 2021, 7pm–8pm

Couch Chat supports couples to explore ways to connect with their partner and kids in their step family. 2 x 1 hour sessions

ONLINE AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES.

NO COST

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

Our Term 4 course program has been published with courses being delivered face to face and online. If COVID-19 restrictions do not allow us to deliver courses face to face they may be offered online or postponed to a later date. Our course facilitators will contact you before the course starts.

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

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.