

PARENTING COURSES

Parenting Seminar

Thursday 10 March 2022, 10am–12pm

This is an introductory 2 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; Triple P; 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 2hour session.

THE FAMILY CENTRE, KENTWELL CENTRE BALLINA. NO COST

TRIPLE P PARENTING

Tuesdays 8 March–29 March 2022, 10am–12pm

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. Limited childminding available.

BYRON BAY PRESCHOOL COOGERA CHILDRENS CENTRE,
SUFFOLK PARK. 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

RELATIONSHIP COURSES

Couch Chat – Online

Wednesdays 2 March– 9 March 2022, 7pm–8pm

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

ONLINE. NO COST

DISABILITY SERVICES

Disability Services Information Sessions

Tuesday 15 February 2022, 10.30am–11.30am or

Tuesday 8 March 2022, 10.30am–11.30am

Find out more about The Family Centre's Disability Services in Plan Management and Support Coordination.

Join our FREE online workshops to help you get the most out of your NDIS Plan.

The workshop is for anyone wanting to access the National Disability Insurance Scheme, as well as current participants, families, carers and nominees.

We will give you information on:

- About the NDIS and how to access the scheme
- Plan Management Services
- Support Coordination Services

ONLINE. 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

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.