

PARENTING COURSES

Young Mums to Be

Wednesdays 9 February – 16 March 2022, 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.

ONLINE AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES. NO COST

123 Magic & Emotion Coaching – Online

Thursdays 10 March – 24 March 2022, 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

Tuning into Teens – Online

22 February - 29 March 2022, 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 AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES. NO COST

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

COURSE PROGRAM – TERM 1, 2022 TWEED SHIRE

RELATIONSHIP COURSES

Stepfamilies Support, 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 1 hour sessions

ONLINE. NO COST

COURSES FOR WOMEN

Self Esteem for Women – Online

Tuesdays 8 February–1 March 2022, 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. 4 x 2hour sessions.

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