

## PARENTING COURSES

## Parenting Seminar

Thursday 23 June 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, BALLINA. COST: FREE

## 123 Magic And Emotional Coaching – Online

Tuesdays 10 May–21 May 2022, 5pm–7pm

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 2hour sessions.

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

## Circle Of Security Parenting

Thursday 12 May–30 June 2022, 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 HUB BAPTIST CHURCH, OCEAN SHORES. COST: \$40

## Tuning Into Teens

Friday 13 May–16 June 2022, 10am–12pm

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, BALLINA. COST: \$30

## 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

## Anger &amp; Emotional Intelligence – Online

Fridays 10 June–24 June 2022, 10am–12pm

A 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.

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

## Stepfamilies Support, Couch Chat – Online

Wednesdays 15 June &amp; 22 June 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 AVAILABLE TO RESIDENTS OF BALLINA, BYRON AND TWEED SHIRES. NO COST

## DISABILITY SERVICES

## Disability Services Information Sessions

Tuesday 7 June 2022, 10.30am–11.30, Online

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

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.