

PARENTING COURSES

Young Mums to Be

Wednesday 11 May–15 June 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.

THE FAMILY CENTRE, SOUTH TWEED HEADS. NO COST

No Scaredy Cats

Thursdays 12 May–26 May 2022, 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.

THE FAMILY CENTRE, SOUTH TWEED HEADS. COST: \$15

Tuning into Teens

Tuesdays 17 May–21 June 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.

THE FAMILY CENTRE, 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

COURSE PROGRAM – TERM 2, 2022 TWEED SHIRE

RELATIONSHIP COURSES

Anger & 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. 3 x 1.5hour sessions.

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

Stepfamilies Support, Couch Chat – Online

Wednesdays 15 June–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

COURSES FOR MEN

Pathways to Change for Men

Saturdays 28 May–11 June 2022, 9.30am–3.30pm

A 2 day course for men promoting self-awareness & self-development. Designed to assist men with parenting, maintaining healthy relationships & making positive life choices. 2 x 6 hour sessions.

THE FAMILY CENTRE, SOUTH TWEED HEADS. COST: \$30

DISABILITY SERVICES

Disability Services Information Sessions

Tuesday 26 April 2022, 10.30am–11.30am, South Tweed Heads

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

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.