



TERM 4 COURSE PROGRAM

Ballina, Byron and Tweed Shires

COURSES FOR PARENTS

No Scaredy Cats

Friday 21 October & 28 October 2022, 10am–2pm

A course to support parents and caregivers to reduce anxiety and build resilience in children aged 2–12 years old. The course will cover how anxiety develops, how parents/caregivers can take a preventative role in the development of anxiety problems, and how parents/caregivers can support children to develop skills to reduce anxiety and build resilience. 2 x 4hour sessions

The Family Centre, Tweed Heads South.

Triple P Parenting

Thursdays 10 November –1 December 2022,
10.30am–12.30pm

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.

The Family Centre, Ocean Shores.

123 Magic & Emotional Coaching

Tweed Heads South – Thursdays 20 October–3
November, 10am–12pm

Ballina – Tuesdays 1 November–15 November,
10am–12pm

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

Tuning in to Teens – Online

Tuesdays 1 November – 22 November 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. 4 x 2hour sessions. Online.

Online courses are for Ballina, Byron & Tweed Shire residents

Family Centre Playgroups

Find connection with other parents/carers and children while learning and playing together. Access to useful information regarding parenting, local services and activities.

Playgroups free and are run during NSW school terms.

Tweed Shire – 9.30am–11.30am

Monday – Tweed Heads

Tuesday – Fingal

Wednesday – Tweed Heads South

Thursday – Murwillumbah

Ballina Shire – 10am–12pm

Wednesday – South Golden Beach

Thursday – Ballina



COURSES FOR MEN

Pathways to Change for Men

Saturday 5 November and 19 November 2022,
9.30am–3.30pm

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 6hour sessions.

The Family Centre, Tweed Heads.

RELATIONSHIP COURSES

Anger and Emotional Intelligence

Friday 2 December, 9.30am–3pm

1day 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.

The Family Centre, Tweed Heads South.

INFORMATION SESSION

Family Centre Information Session

Tuesday 29 November, 10am–12pm

Find out about:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

Everyone is welcome!

The Family Centre, Ballina.



BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am–12.30pm

Monday–Friday (07) 5524 8711 or email info@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.