



TERM 2 COURSE PROGRAM

Ballina, Byron and Tweed Shires

COURSES FOR PARENTS

Bringing Up Great Kids

Thursdays 1 June – 22 June 2023, 10am–12pm

Bringing Up Great Kids (BUGK) focuses on building positive and nurturing relationships between parents/caregivers and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity. 4 x 2hour sessions.

The Family Centre, Tweed Heads South

Circle of Security

Tuesdays 16 May – 27 June 2023, 10.30am–12.30pm

Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. It is a relationship based early intervention program designed to enhance attachment security between parents and children aged 0-12 years old. Having a secure relationship with your children is about learning from mistakes rather than striving to get it right. Circle of Security Parenting gives parents and caregivers the roadmap to creating a relationship that will benefit their child for their whole life. 7 x 2hour sessions.

The Family Centre, Ballina

123 Magic & Emotion Coaching

Tuesdays 30 May – 13 June 2023,
10am–12.30pm

123 Magic & Emotion Coaching is a parenting program developed to assist parents to respond to your children's behaviour and help you feel more confident in your parenting approach. The course explores the emotions and in particular how to help children identify and manage emotions to encourage positive behaviours and build emotional resilience. 3 x 2.5hour sessions.

Murwillumbah Community Centre, Murwillumbah

Tuning in to Teens

Tuesdays 23 May – 27 June 2023,
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, Tweed Heads South

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 – The Family Centre Tweed Heads

Thursday – Murwillumbah

Ballina Shire – 10am–12pm

Wednesday – South Golden Beach

Thursday – Ballina

RELATIONSHIP COURSES

Anger and Emotional Intelligence

Friday 16 June 2023, 9.30am–3pm

A 1 day course for women and men that explores; the five components of emotional intelligence, feelings and how to tune into and understand them as well as learning strategies for emotional regulation.

Through information sessions, practical exercises, group discussions and brainstorming we will also focus on anger in order to learn about triggers, understanding what is happening in the brain and practice some strategies that may assist to soothe us when anger arises.

The Family Centre, Tweed Heads South

Creating Better Relationships

Tuesday 9 May 2023, 9.30am–3pm

Creating Better Relationships is a one-day workshop that reflects on how we communicate and provide you with the skills to create positive and constructive ways of communicating for building positive relationships.

Through information sessions, practical exercises, group discussions and brainstorming we will explore: strategies to open up dialogue with others that can lead to positive outcomes, how to communicate what you feel and need and managing emotions during difficult conversations.

The Family Centre, Tweed Heads

COURSES FOR WOMEN

Self Esteem to Empower Women

Thursday 18 May 2023, 9.30am–3.30pm

A 1 day course that assists you to understand: self esteem and what influences it, unhelpful thinking and how to challenge our negative thinking/self-talk and exploring boundaries in our relationships. Through information sessions, practical exercises and group discussions we will also explore how self-care can influence our self-esteem and self-worth.

The Family Centre, Tweed Heads South

COURSES FOR MEN

Being a Better Man

Saturday 27 May & 10 June 2023, 9.30am–3.30pm

Being a Better Man is designed to assist men to develop self-awareness, increase skills and build healthy and positive relationships with their partners, children and others.

Through information sessions, practical exercises, group discussions and brainstorming we will explore: gender stereotypes and what it means to be a 'man', your health and wellbeing, managing your emotions, setting goals and making gains.

The Family Centre, Tweed Heads South

INFORMATION SESSION

Family Centre Information Session

Tuesday 9 May 2023, 10am–11am

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, Tweed Heads South



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