



## TERM 3 COURSE PROGRAM

Ballina, Byron and Tweed Shires

### COURSES FOR PARENTS

#### Circle of Security Parenting

**Tuesdays 1 August – 12 September 2023, 10am–12pm**

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.

Murwillumbah Community Centre

#### Anxiety Coach - Online

**Thursdays 10 August – 24 August 2023, 10am–12pm**

Anxiety Coach is a child development course that aims to support you parents and caregivers take a preventative role in the development of anxiety problems and support children to develop skills to reduce anxiety. It is what we call a 'parent-led' approach, meaning that you take on the role of the coach in your child's life, and are able to guide them through difficult emotions when they arise. It is recommended for parents/carers with children aged 2-12 years. 3 x 2 hour sessions.

Online courses are for residents of the Tweed, Byron and Ballina Shires

#### Thoughtful Parenting

**Thursday 27 July 2023, 10am–12.30pm**

Thoughtful Parenting is a 2.5 hour parenting program for parents & carers with children aged 0-12years. In this program we explore children's brain development, helping explain why children behave the way they do and provide strategies to better manage our reactions to these behaviours. 1 x 2.5 hour sessions.

The Family Centre, Tweed Heads South

#### Bringing Up Great Kids

**Tuesdays 25 July – 15 August 2023, 10.30am–12.30pm**

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 2.5hour sessions.

The Family Centre, Ballina

#### Tuning in to Teens

**Tuesdays 1 August – 5 September 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 8 September 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

### New Steps for Stepfamilies

Wednesday 16 August 2023, 10am–12pm

Your facilitators are experienced in step family challenges and rewards, and will kick off a discussion about the most important things for the parents to keep in mind to successfully manage & support their families. Discuss the joys & challenges of your step family with other parents and learn new strategies and tools to work together as a couple and as parents to better support your children.

The Family Centre, Tweed Heads South

## COURSES FOR WOMEN

### Self Esteem to Empower Women

Thursday 31 August 2023, 9.30am–3pm

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 2 September & 16 September 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

## BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call  
Monday–Friday (07) 5524 8711 or email [info@thefamilycentre.org.au](mailto:info@thefamilycentre.org.au).

You can also register online at [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)