



## TERM 4 COURSE PROGRAM

Ballina, Byron and Tweed Shires

### COURSES FOR PARENTS

#### 123 Magic & Emotion Coaching – Online

Wednesdays 18 October – 1 November 2023,  
10am–12pm

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. For parents/carers with children aged from 2–12 years. 3 x 2 hour sessions.

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

#### Bringing Up Great Kids

Fridays 3 November and 10 November 2023,  
10am–2pm

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. 2 x 2hour sessions.

The Family Centre, Tweed Heads South

#### Anxiety Coach

Mondays 13 November – 27 November 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.

The Family Centre, Ballina

#### Thoughtful Parenting

Friday 20 October 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

#### Tuning in to Teens

Tuesdays 24 October – 28 November 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

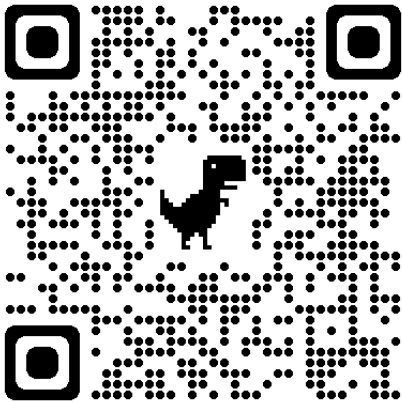
### Confidence in Challenging Conversations

Friday 17 November 2023, 10am–2pm

Confidence in Challenging Conversations will introduce you to skills that can open up productive and meaningful conversations with your partner, family, friends and work colleagues.

Through information sessions, practical exercises, group discussions and brainstorming we will explore the difficult conversations we find ourselves in and how to handle them rather than avoid them. The course will look at conflict to demonstrate that it does not need to be viewed as a negative and can be approached as an opportunity to exchange of ideas when we are able to stay calm and focused.

The Family Centre, Tweed Heads South



SCAN THE QR CODE TO GO TO  
THE FAMILY CENTRE'S COURSE  
PROGRAM AND REGISTER ONLINE

## COURSES FOR WOMEN

### Self Esteem to Empower Women

Tuesday 14 November 2023, 10am–2pm

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.

Murwillumbah Community Centre

## COURSES FOR MEN

### Support for New Dads - Online

Wednesdays 25 October 2023 – 15 November,  
6.30pm–7.30pm

Being a new Dad is an awesome challenge: you are raising the next generation, and you'll want to do the best you can.

The first 1000 days are the most important time in your child's life!

They say it takes a village to raise a child, so if you are struggling by yourself or as a couple, well, that's hardly surprising.

- Online education and support group. Just one hour a week.
- New tools, tricks and tips, and ways forward during the hard times.
- How your child is changing over the first 1000 days.
- Keeping the couple bond strong.
- Staying sane (even if exhausted).
- Balancing baby time, work time, partner time, me time.

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

## 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)