



TERM 1 COURSE PROGRAM

Ballina, Byron and Tweed Shires

COURSES FOR PARENTS

Circle Of Security Parenting

Tuesdays 13 February – 26 March 2024, 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 2-hour sessions.

The Family Centre, Tweed Heads South

123 Magic & Emotion Coaching

Mondays 12 February – 26 February 2024, 5pm–7pm

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.

Wardell Core

Bringing Up Great Kids

**Tuesdays 27 February – 17 March 2024,
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 hour sessions.

The Family Centre, Ballina

Anxiety Coach

Mondays 4 March – 18 March 2024, 10am–12.30pm

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 4-12 years. 3 x 2.5 hour sessions.

Murwillumbah Community Centre

Tuning In To Teens

**Tuesdays 20 February – 26 March 2024, 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.

Murwillumbah Community Centre

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

Wednesday 28 February 2024, 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

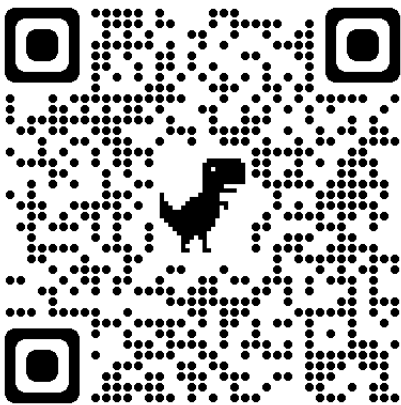
Anger and Emotional Intelligence

Friday 15 March 2024, 10am–2.30pm

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



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

COURSES FOR WOMEN

Self Esteem to Empower Women

Thursday 22 February 2024, 9.30am–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.

The Family Centre, Tweed Heads

COURSES FOR MEN

Support for New Dads - Online

Tuesdays 27 February – 19 March, 6pm–7pm

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 Gold Coast, Tweed, Byron and Ballina Shires

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call
Monday–Friday 1800 211 154 or email info@thefamilycentre.org.au.

You can also register online at www.thefamilycentre.org.au