



TERM 2 COURSE PROGRAM

Ballina, Byron and Tweed Shires

COURSES FOR PARENTS

Circle of Security Parenting

Thursdays 16 May – 27 June 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 2hour sessions.

Ballina Indoor Sports Centre (BISC)

Anxiety Coach

Tuesdays 11 June – 25 June 2024, 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 4-12 years. 3 x 2 hour sessions.

The Family Centre, Ballina

Bringing Up Great Kids

Wednesdays 12 June – 19 June 2024, 9.30am–1.30pm

Bringing up Great Kids is a parenting course that promotes and supports respectful, caring and nurturing relationships for parents and caregivers of children aged 0–12. The group involves fun and interactive activities that include the key learning of brain development, attachment theory, reflection and mindful parenting. 2 x 4 hour sessions.

The Family Centre, Tweed Heads South

Thoughtful Parenting

Thursday 9 May, 5pm–7pm

Thoughtful Parenting is a 2 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 hour session

The Family Centre, Tweed Heads South

Tuning In To Kids

Tuesdays 14 May – 18 June 2024, 10am–12pm

A course for parents/carer of children aged 3yrs – 12yrs old. Tuning into Kids is an evidence-based program, teaches parents and carers skills in being aware of how they express their own emotions when parenting. Parenting (and life) can be emotionally challenging at times, and many parents benefit from reflecting on the ways they cope and manage their emotions. Children watch and copy how the people who raise them express emotions and so it is an important part of what benefits children. By learning to use emotion coaching skills, many parents and carers find their children talk to them more, want greater connection with them, and share more of their emotional experiences. 6 x 2hr sessions.

The Family Centre, Tweed Heads South

Tuning In To Teens

Tuesdays 21 May–25 June 2024, 5pm–7pm

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 2 hour sessions.

Ocean Shores 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

NEW
COURSE

RELATIONSHIP COURSES

Creating Better Relationships

Friday 21 June 2024, 9.30am–2pm

Creating Better Relationships explores how relationships may be influenced by the intersection of natural biological processes in bonding and attachment, underlying beliefs and values as well as cultural and community expectations. The one-day workshop will reflect on how we communicate and provide you with the skills to create positive and constructive ways of communicating for building positive relationships.

The Family Centre, Tweed Heads South. Open to Tweed/Ballina/Byron/Richmond & Southern Gold Coast residents.

Anger And Emotional Intelligence

Thursday 16 May 2024, 9.30am–2pm

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, Murwillumbah Community Centre
Open to Tweed/Ballina/Byron/Richmond & Southern Gold Coast residents.

New Steps For Stepfamilies – Online

Wednesdays 29 May 2024 & 5 June, 5.30pm–6.30pm

Your facilitators are experienced in stepfamily 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 stepfamily with other parents and learn new strategies and tools to better support your children.

Online. Open to Tweed/Ballina/Byron/Richmond & Southern Gold Coast residents.

COURSES FOR WOMEN

Self Esteem to Empower Women

Thursday 20 June 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, Murwillumbah Community Centre.
Open to Tweed/Ballina/Byron/Richmond & Southern Gold Coast residents.

COURSES FOR MEN

Being A Better Man

Friday 7 June & 14 June, 9.30am–2pm

Meet with other men facing similar issues in a welcoming environment and learn skills to assist you with change processes, decide what works for you now and what to change or let go, build on the strengths you already have in your relationships and develop new skills, mindfulness and relaxation techniques to reduce stress and anxiety.

The Family Centre, Tweed Heads South. Open to Tweed/Ballina/Byron/Richmond & Southern Gold Coast residents.

INFORMATION SESSION

Family Centre Information Sessions

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
- Volunteering with us

Everyone is welcome!

Thursday 18 April 2024, 10am–11.30am,
The Family Centre, Tweed Heads South

Wednesday 17 July 2024, 10.30am–12pm,
The Family Centre, Ballina



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

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