

## Thoughtful Parenting Online

Thoughtful Parenting is a 1.5 hour parenting program for parents & carers with children aged 0-12yrs old. 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 1.5 hour session.



OCTOBER	THURSDAY 16TH	10.30AM–12.30PM
NOVEMBER	TUESDAY 4TH	6.30PM–8.30PM

## Anxiety Coach Online

Anxiety Coach is a child development course that aims to support parents and caregivers to 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 yrs. 3 x 2 hour sessions.



NOVEMBER	TUESDAYS 18TH NOV – 2ND DEC	10AM–12PM
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## 123 Magic and Emotion Coaching Online

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 yrs old. 3 x 2 hour sessions.



OCTOBER/ NOVEMBER	THURSDAYS 30TH OCT – 13TH NOV	10AM–12PM
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## Tuning in to Kids Online

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 session.



OCTOBER/ NOVEMBER	MONDAYS 20TH OCT – 24TH NOV	10AM–12PM
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# Tuning in to Teens Online

Tuning in to Teens is 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.



OCTOBER/ NOVEMBER	TUESDAYS 21ST OCT – 25TH NOV	5.30PM–7.30PM
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# Parent Coach Online

The Parent Coach Program offers families personalised, one-on-one coaching and access to the self-directed Triple P Parenting online course to strengthen parenting skills and build positive relationships at home.

This program is perfect for families looking for flexible, hands-on support to navigate the ups and downs of parenting with confidence. Suitable for parents/carers of children under 12 year old.



OCTOBER	WEDNESDAY 22ND OCT	10AM–11AM
	THURSDAY 23RD OCT	5.30PM–6.30PM

# Playgroup

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. Playgroups are for Ballina, Byron and Tweed Shire families 9.30am–11.30am.



	TWEED SHIRE	BALLINA SHIRE
MONDAY	TWEED HEADS SOUTH	
TUESDAY	FINGAL	
WEDNESDAY	TWEED HEADS	BALLINA
THURSDAY	MURWILLUMBAH	WARDELL

# Self Esteem to Empower Women Face to Face

This one-day program is designed to support women in understanding and strengthening their self-esteem. Through practical activities, group discussions, and shared learning, participants will explore the influences on self-worth, how to challenge negative self-talk, and the importance of boundaries and self-care.

The course is a supportive, empowering space where women can reflect, build confidence, and reconnect with their strengths.

	NOVEMBER	FRIDAY 7TH NOVEMBER	10AM–2PM
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# Anger & Understanding Emotions Online

This two half-day program is designed for men and women who want to better understand and manage their emotions—especially anger. The course explores the five components of emotional intelligence and offers practical strategies to improve self-awareness, emotional regulation, and communication.

Participants will learn how to identify triggers, understand what's happening in the brain during anger, and use calming techniques to respond more effectively.

	NOVEMBER	FRIDAYS 14TH NOV & 21ST NOV	10AM–12.30PM
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To find out more or register for a course go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au) or call 1800 211 154

scan the QR Code to register