

Thoughtful Parenting **Online**

Thoughtful Parenting is a 2 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 2 hour session.

JULY	THUR 23RD	5PM–7PM
AUGUST	TUES 18TH	10AM–12PM
SEPTEMBER	WED 23RD	5PM–7PM
OCTOBER	WED 14TH	12PM–2PM
NOVEMBER	TUES 3RD	5.30PM–7.30PM
DECEMBER	MON 7TH	10AM–12PM

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.

SEPTEMBER	TUES 1ST–15TH	10AM–12PM
NOVEMBER	WED 11TH–25TH	5PM–7PM

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.

AUGUST	THUR 6TH–20TH	5PM–7PM
OCT/NOV	WED OCT 21ST–NOV 4TH	10AM–12PM

Circle of Security Parenting **Online**

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 yrs 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.

AUG/SEPT	WED AUG 12TH–SEPT 23RD	10AM–12PM
OCT/DEC	THUR OCT 22ND–DEC 3RD	10AM–12PM

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.

AUG/SEPT	WED AUG 12TH–SEPT 16TH	5.30PM–7.30PM
OCT/NOV	TUES OCT 20TH–NOV 24TH	5.30PM–7.30PM



Self Esteem to Empower Women Online

This 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. 2 x 2.5 hour sessions (or 1 x 5 hour session)

AUG/SEP	MON AUG 31ST & SEP 7TH	5.30PM-8PM
NOVEMBER	MON 2ND & 9TH	5.30PM-8PM



Anger and Understanding Emotions

This two half-day program is designed for individuals 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. This is not a Domestic Violence behavioural change program. To access a DV behavioural change program, please speak to an Intake Worker who can refer you to an appropriate local service. 2 x 2.5 hour evening sessions or 2 x 3 hour daytime sessions

AUGUST TWEED	FRI 7TH & 14TH	10AM-1PM
SEPTEMBER ONLINE	MON 14TH & THUR 17TH	5.30PM-8PM
OCTOBER BALLINA	FRI 23RD & 30TH	10AM-1PM
NOV ONLINE	MON 16TH & 23RD	5.30PM-8PM

Playgroups

Our weekly Playgroups are a supportive environment for parents & carers. Our supported Playgroups are run by skilled & experienced Educators who focus on providing children & their carers with activities & information that support a child's development & supports the relationship between parent & child.

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



Scan the QR code to register directly into a course or go to www.thefamilycentre.org.au

