term two 2012 course program

happy children, **caring** families, **strong** community

the family centre

Young Mums To Be (early bird group)

Wednesdays, May 23 & 30,
10am – 12:30pm, no cost

This group provides a safe, supportive environment to learn about pregnancy, childbirth, self care and what being a 'mum' means! So if you are 21 years of under, this group is for you.

ParentSpace: birth to 3 years

Fridays, April 27, May 11 & 25 and June 8,
10 – 11.30am, $5 per session

Fortnightly parenting information presented & shared in a friendly atmosphere. Discussion topics & child-led play sessions: Story Fun – Hairy Maclary story & crafts, Eating battles! Food & nutrition for our children, From babbling to fluency, Exploring the craft box – a parent/child activity session.

Family Centre Playgroups

All playgroups 9.30 – 11.30am, no cost

Monday – Banora Point
Tuesday - Cabarita
Wednesday - Murwillumbah
Thursday - Banora Point
Supporting families to identify and learn creative ways of playing with their children.
NSW School term only

123 Magic

Wednesdays, June 6 - 20, 10 - 12, $15

3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

Triple P Group

Thursdays, April 26 – June 21,
10 – 12.30pm, no cost

9 week parenting course (7 group sessions, telephone contact plus pre/post group interviews) for parents of children up to 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

Healthier Relationships: Communication

Saturday June 16, 9.30am - 3.30pm,
$15 includes lunch

This 1 day workshop explores; stresses on healthy relating, roadblocks to communication, listening, assertiveness, managing emotions.

Understanding Teenagers

Mondays, May 7 – June 18,
6 – 8pm, $30

6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with your teenager can assist to get them safely through adolescence. Topics include: the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points and behaviour, and talking through challenging issues.

Location: Murwillumbah. No session June 11 public holiday.

Pathways to change for Men

Thursdays May 3 – June 21,
5 – 7:30pm, $40

8 week self awareness & self development group for men. Designed to assist men with parenting, maintaining healthy relationships & making positive life choices.

Pathways to change for Women

Thursdays May 31 – July 5,
1 – 3pm, $40

8 week self awareness & self development group for women. Designed to assist women with maintaining healthy relationships, parenting & making positive life choices.

Understanding Domestic and Family Violence

Thursdays May 31 – July 5,
10am - 12.00pm, no cost

6 week course for women exploring: What is family & domestic violence? What is the impact on children? The power and control cycle, grief & loss and finding hope after domestic and family violence. Run in partnership with Tweed Shire Women's Service.

The Mindful Art of Stress Reduction

Friday June 15, 10am - 3.30pm,
$15 includes lunch

This one day workshop explores the many avenues that support us to manage the challenges we face in our lives as parents, partners and family members. It will introduce us to a knowledge and understanding of stress. We will discuss and explore techniques of mindfulness and use creative activities to help develop awareness, supporting us to reduce stress in our lives.

Anger: Making it work for you

Friday June 29, 9.30am - 3.30pm,
$15 includes lunch

Workshop for men and women content includes: identify what anger is and what it does; what triggers your anger and ways to make it work for you and your relationships.

Holding successful tough conversations

Saturday June 30, 9.30am - 3.30pm,
$15 includes lunch

This 1 day workshop explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

BOOKINGS ARE ESSENTIAL.
For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday.

If you are unable to pay course fees please talk with our intake worker or the course facilitator.
The Family Centre is committed to providing equal access to all the courses we offer.
All courses are run at our South Tweed training rooms unless noted otherwise. Child minding is available at South Tweed.

The Family Centre www.thefamilycentre.org.au (07) 5524 8711

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