

## My Kids & Me

October to November 2019  
Tuesdays 10:30am to 1:00pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

My Kids and Me is a 7 week course specifically designed for parents whose children are in Out of Home Care or kinship care. The course covers topics such as loss and grief, what's it like for you, what's it like for your kids, talking and listening and understanding the legal system.

Prior bookings essential for this course. No charge for the course, **but \$10 for course Workbook.**

**No childminding available for this course.**

## Emotion Coaching

16th October to  
30th October 2019  
Wednesdays 10:30am-12:30pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

This 3 week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style, some of the traps they may fall into in their parenting and build their confidence and knowledge as parents. Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting courses will find this course particularly helpful as they gain new insights and new ideas and build on existing skills.

**Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.**

## Bringing Up Great Kids

6th November to  
4th December 2019  
Wednesdays 10.30am-12.30pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

This 5 week course provides parents with an opportunity to reflect on the influences on their own parenting style and ways of enhancing communication and respectful interactions with their children. Topics to be covered include: Messages from our past, brain development in children, understanding the messages behind children's behaviour and developing helpful and effective ways of responding to children's needs, including the use of emotion coaching.

**Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.**

## Keeping Kids In Mind

15th October to  
12th November 2019  
Tuesdays 10:30am-1:00pm

CatholicCare  
Level 2, Suite 4  
Neeta Shopping Centre  
Smart Street, Fairfield

31st October to  
28th November 2019  
Thursdays 6:00pm-8:30pm

Family Relationship Centre  
8 Jacobs Street  
(cnr French Ave)  
Bankstown

4th November to  
2nd December 2019  
Mondays 10:30am-1:00pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

Keeping Kids in Mind is a dynamic 5 week course aimed at assisting separated/divorced parents support their children through the changes. It examines issues such as loss and grief, attachment, resilience and conflict resolution.

Please register your interest via the Keeping Kids In Mind website [www.keepingkidsinmind.org](http://www.keepingkidsinmind.org) or ph **1800 55 46 46**.

Cost of course is \$100 including Parent Workbook. Free for concession card holders but \$10 for workbook.

**No childminding available for this course**

## Circle of Security Parenting (abbreviated)

17th October to  
14th November 2019  
Thursdays 6:30pm-8:30pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

You may often wonder "What does my child want from me?" In this 5 week course you will learn about the Circle of Security parenting program. It explains how children look to their parents or caregivers for support as they move from their need for safety and security to their needs for exploration. Hear about ways to identify your children's needs and step by step approaches for promoting secure attachment in children. Suitable for parents of children of all ages but particularly focuses on infants and young children.

**Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.**

## 123 Magic & Emotion Coaching

21st November to  
5th December 2019  
Thursdays 6:30pm-8:30pm

CatholicCare  
Corner of West and  
Thomas Streets  
Lewisham

### Learn:

- To engage your children's cooperation by positively noticing and encouraging them
- To set clear expectations and help them develop frustration tolerance
- To help children's brains develop filters for behaving well
- To resolve family conflict quietly
- Some simple strategies to practice being a calm parent

**Childminding available but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.**



Disability and Stroller access is available, please telephone in advance for further assistance and information.

**General cost is \$20 per person per session or Pension card holders free. Course materials are in addition. For bookings please call us on 13 18 19.**