

My Kids & Me

April to June 2020
Tuesdays 10:30am to 1:00pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This seven week course is specifically designed for parents whose children are in out-of-home or kinship care. The course covers topics such as loss and grief, what it's like for you, what it's like for your kids, talking and listening and understanding the legal system.

No childminding available*

Keeping Kids In Mind

29th April to 27th May 2020
Wednesdays 10:30am to 1:00pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

1st May to 29th May 2020
Fridays 10:30am to 1:00pm

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

2nd June to 30th June 2020
Tuesdays 6:30pm to 9:00pm

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

This five week course is aimed at assisting separated/divorced parents support their children through this time of change. 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 or ph **1800 55 46 46**.

No childminding available*

Bringing Up Great Kids

4th May to 1st June 2020
Mondays 10:30am to 12:30pm

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

3rd June to 1st July 2020
Wednesdays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This five week course provides parents with an opportunity to reflect on influences on parenting styles. It looks at ways of enhancing communication and positive interactions with their children. Topics include: messages from our past; child brain development; what we can learn from our children's behaviour; and responding effectively to children's different needs and emotions.

Childminding available in Lewisham*



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

Bringing Up Great Kids: First 1000 Days

4th May to 1st June 2020
Mondays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

The first 1,000 days of life – the time spanning roughly between conception and a child's second birthday – is a unique period of opportunity when the foundations of optimum health, growth, and neurodevelopment across the lifespan are established. The Bringing Up Great Kids in the first 1,000 days program has been designed to nurture parents as they embark on their journey supporting their children.

Childminding available*

No Scaredy Cats

7th May to 21st May 2020
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This is a new three week course from the developers of 123 Magic and Emotion Coaching and Engaging Adolescents. CatholicCare Sydney is pleased to introduce **No Scaredy Cats** to our suite of parenting programs in 2020. Anxiety in children is becoming the leading concern for parents and teachers alike as the rates of childhood anxiety are growing. This program aims to help parents understand how anxiety develops and how they can prevent and/or minimise the impact of anxiety on their children. It assists to build confidence for parents to take proactive steps to support their children's resilience when challenges arise.

Childminding available*

Circle of Security Parenting (abbreviated)

14th May to 11th June 2020
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This five week course explains how parents can promote secure attachment by supporting their children as they move from their need for safety and security to their need for exploration. Parents will learn how to protect and nurture their children as they grow from babies through to teens while fostering their independence and meeting their emotional needs, even when these are being expressed with difficult behaviour. Suitable for parents of children of all ages but particularly focuses on infants and young children.

Childminding available*

Bookings are essential. Course fees are \$20 per session and free for concession card holders. Course material is an additional \$5-\$10 depending on the course and all participants need to purchase a booklet. The Keeping Kids in Mind workbook is included in the course fee.

Tuning into Teens

28th May to 25th June 2020
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This three week course will help parents of tweens and teens to:

- Understand adolescence - a time of redeveloping social landscapes, brain snaps and body makeovers
- Be better at talking with your teen
- Be better at understanding your teen
- help your teen learn to manage their emotions
- Help prevent behaviour problems in your teen
- Teach your teen to deal with conflict

Childminding available*

123 Magic & Emotion Coaching

15th June to 29th June 2020
Mondays 10:30am to 1:00pm

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

18th June to 2nd July 2020
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

In this three week course you will 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 in Lewisham*

Emotion Coaching

16th June to 30th June 2020
Tuesdays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This three week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their own parenting style and how this impacts their children. For those who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting programs this course will be particularly helpful to gain further insight and build on existing skills.

Childminding available*

* Where childminding is available, bookings need to be made in advance. Cost is \$5 per child or \$10 per family. Gold coin donation for concession card holders.