

My Kids & Me

July to September 2020
Tuesdays 10:30am to 1:00pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

July to September 2020
Wednesdays 10:30am to 1:00pm

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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 charge for this course (\$10 for workbook)
No childminding available***

123 Magic & Emotion Coaching

22nd July to 5th August 2020
Wednesdays 10:30am to 12:30pm

[Online via Zoom](#)

3rd September to 17th September 2020
Thursdays 6:30pm to 8:30pm

[Online via Zoom](#)

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

Keeping Kids In Mind

23rd July to 20th August 2020
Thursdays 6:30pm to 9:00pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

28th July to 25th August 2020
Tuesdays 10:30am to 1:00pm

[Online via Zoom](#)

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*



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

Circle of Security Parenting (abbreviated)

23rd July 2020 to 20th August 2020
Thursdays 6:30pm to 8:30pm

[Online via Zoom](#)

27th July to 24th August 2020
Mondays 10:30am to 12:30pm

[Online via Zoom](#)

19th August to 16th September 2020
Wednesdays 10:30am to 12:30pm

[Online via Zoom](#)

Parents often wonder "What does my child want from me?" In this five week course 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 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.

Emotion Coaching

19th August to 2nd September
Wednesdays 10:30am to 12:30pm

[Online via Zoom](#)

7th September to 21st September 2020
Mondays 10:30am to 12:30pm

[Online via Zoom](#)

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.

Tuning into Teens

27th August to 24th September 2020
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This five 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

No 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.

Bringing Up Great Kids

31st August to 21st September 2020
Mondays 10:30am to 12:30pm

[Online via Zoom](#)

This four 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.

No Scaredy Cats

31st August to 14th September 2020
Mondays 6:30pm to 8:30pm

[Online via Zoom](#)

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.

* Due to COVID-19 restrictions childminding services are not available for our onsite courses.