



Specialist Training Services

Specialist Training Services are available to organisations at competitive rates. Please contact our Program Manager to discuss your requirements.

Child Minding

Limited child minding is available where indicated in the program calendar for a small fee. If child minding is available, please confirm that you require it at the time of booking.

Qualifications

All CatholicCare services are provided by qualified, skilled and experienced professionals.

Interpreters

Interpreters may be available for some courses. Please let us know when booking if an interpreter is required.

Fees

Whilst CatholicCare Parent Education Program is funded by the Australian Government, we are required to charge fees for these advertised services. Course fees are kept to a minimum and are free for unwaged/ concession card holders. Some courses may incur an additional fee to cover the costs of course materials.

Access



Disability and stroller access is available. Please call us in advance for further assistance and information.



CatholicCare

Parent Education Program



Services are provided in various locations. For further details, or to book one of our courses please call our **CCareline** on:

 **13 18 19**

 **parenteducation@catholiccare.org**

www.catholiccare.org

ABN: 38 841 427 747
PED001



Parent Education Program Calendar



Keeping Kids In Mind

29th January to 26th February 2018
Mondays 10.30am to 1pm

CatholicCare
2c West St,
(cnr Thomas St)
Lewisham

OR

7th February to 7th March 2018
Wednesdays 6pm to 8.30pm

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

OR

15th March to 12th April 2018
Thursdays 10.30am to 1pm

CatholicCare
Neeta City
Shopping Centre
Shop H5 & H6 Level 1,
Smart St, Fairfield

Keeping Kids in Mind is a dynamic five 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 or ph **1800 554 646**.

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

8th February to 8th March 2018
Thursdays, 6.30pm to 8.30pm

CatholicCare
2c West St,
(cnr Thomas St)
Lewisham

You may often wonder “What does my child want from me?” In this five 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.

Bringing Up Great Kids

5th to 26th March 2018
Mondays, 10.30am to 12.30pm

CatholicCare
2c West St,
(cnr Thomas St)
Lewisham

This four 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.

My Kids & Me

February to April 2018
Wednesdays, 10.30am to 1pm

CatholicCare
2c West St,
(cnr Thomas St)
Lewisham

My Kids and Me is a seven 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.

123 Magic & Emotion Coaching

13th to 27th March 2018
Tuesdays, 10.30am to 12.30pm

CatholicCare
2c West St,
(cnr Thomas St)
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 for this course 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 \$30 per person per session or \$25 for single parents per session or Pension card holders free. Course materials are in addition. For bookings please call CatholicCare on (02) 9509 1111.