

My Kids & Me (abbreviated)

October to November 2020

[Online via Zoom](#)

Tuesdays 10:30am to 1:00pm

This five 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)

Keeping Kids In Mind

13th October to 10th November

[Online via Zoom](#)

Tuesdays 6:30pm to 9:00pm

11th November to 9th December 2020

[Online via Zoom](#)

Wednesdays 10:30am to 1:00pm

Keeping Kids in Mind is a dynamic five week course aimed at assisting separated/divorced parents support their children through this time of 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 55 46 46**.

Cost of course is \$150 including course workbook. Free for concession card holders but \$10 for course workbook.

Circle of Security Parenting (abbreviated)

14th October to 11th November 2020

[Online via Zoom](#)

Wednesdays 10:30am to 12:30pm

5th November to 3rd December 2020

[Online via Zoom](#)

Thursdays 6:30pm to 8:30pm

11th November to 9th December 2020

[Online via Zoom](#)

Wednesdays 10:30am to 12:30pm

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

14th October to 28th October 2020

[Online via Zoom](#)

Wednesdays 10:30am to 12:30pm

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.

Engaging Adolescents

15th October to 29th October 2020

[Online via Zoom](#)

Thursdays 6:30pm to 8:30pm

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

- Understand adolescence - a time of redeveloping social landscapes, brain snaps and body makeovers
- Understand your job as a parent of a teenager - observer, advisor, negotiator, director
- Ask the questions - Is it serious? What's worth reacting to and what's not?
- Hold the difficult conversations more successfully.

Tuning into Teens

20th October to 17th November 2020

[Online via Zoom](#)

Tuesdays 6:30pm to 8:30pm

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

123 Magic & Emotion Coaching

21st October to 4th November 2020

[Online via Zoom](#)

Wednesdays 10:30am to 12:30pm

19th November to 3rd December 2020

[Online via Zoom](#)

Thursdays 6:30pm to 8:30pm

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

Bringing Up Great Kids

26th October to 23rd November 2020

[Online via Zoom](#)

Mondays 10:30am to 12:30pm

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.