

## My Kids & Me

April to May 2021

[Online via Zoom](#)

Tuesdays 10:30am to 1:00pm

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)**

## Keeping Kids In Mind

21st April to 19th May 2021

[Online via Zoom](#)

Wednesdays 10:30am to 1:00pm

28th April to 26th May 2021

[Online via Zoom](#)

Wednesdays 6:30pm to 9:00pm

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](http://www.keepingkidsinmind.org) or call **1800 55 46 46**.

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

## 123 Magic & Emotion Coaching

21st April to 5th May 2021

[Online via Zoom](#)

Wednesdays 6:30pm to 8:30pm

2nd June to 16th June 2021

[Online via Zoom](#)

Wednesdays 6:30pm to 8:30pm

8th June to 22nd June 2021

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

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

## No Scaredy Cats

27th April to 11th May 2021

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

This three week course is from the developers of 123 Magic and Emotion Coaching, and Engaging Adolescents. Anxiety in children is becoming the leading concern for parents and teachers alike as the rates of childhood anxiety continue to grow. 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.

## Circle of Security Parenting (abbreviated)

28th April to 26th May 2021

[Online via Zoom](#)

Wednesdays 10:30am to 12:30pm

27th May to 24th June 2021

[Online via Zoom](#)

Thursdays 6:30pm to 8:30pm

Parents often wonder "What does my child want from me?" 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.

## Bringing Up Great Kids

29th April to 27th May 2021

[Online via Zoom](#)

Thursdays 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.

## Tuning into Teens

29th April to 27th May 2021

[Online via Zoom](#)

Thursdays 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

## Bringing Up Great Kids: First 1000 Days

1st June to 22nd June 2021

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

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.

## Emotion Coaching

2nd June to 16th June 2021

[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.

## Register for a course

Call our CCareline Team on 13 18 19 or contact us online to reserve your place.

Bookings are essential. Course fees for all courses except Keeping Kids in Mind 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.