



Online and in-person courses available

We help families learn new strategies and create opportunities to connect with other parents, through courses that will help you be the best parent you can be.

Depending on the course, we have online and in-person options available. Online courses offer more flexibility for busy parents, but with the connectedness of being part of a small group.

Fees

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

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.

Meet Jennifer



Jennifer has recently joined our Parenting and Child Development Team, and is thrilled to be part of such a wonderful community at CatholicCare.

She has been working with parents and families for over a decade, and delights in the opportunity to watch parents find their strengths and overcome challenges on the journey of raising children.

"It is such a privilege to meet with, and support, a diverse range of families who each have their own unique stories. Parenting is a roller coaster, and nobody should have to do it alone. Through our programs, our team hopes to create a safe and welcoming environment for parents.

I really believe that the combination of social connection through learning from others, as well as education through exploring new concepts and strategies, allows parents to feel more nurtured and empowered to work towards being the best version of themselves for their children."

Services are provided online and in-person in various locations. For further details or to book one of the Parenting and Child Development courses, please call our CCareline team on 13 18 19.

📞 13 18 19

✉️ parenteducation@catholiccare.org

🌐 CatholicCare.org

Parenting and Child Development

Calendar Term 1, 2022



My Kids & Me

February to March 2022

[Online via Zoom](#)

Tuesdays 10:30am to 1:00pm

My Kids and Me is a 7 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 are essential for this course. No charge for the course, but \$10 for course Workbook.

Keeping Kids In Mind

7th February to 7th March 2022

[Online via Zoom](#)

Mondays 6:30pm-9:00pm

9th March to 6th April 2022

[Online via Zoom](#)

Wednesdays 10:30am-1:00pm

Keeping Kids in Mind is a dynamic 5 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 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)

7th February to 7th March 2022

[Online via Zoom](#)

Mondays 10:30am-12:30pm

9th February to 9th March 2022

[Online via Zoom](#)

Wednesdays 6:30pm-8:30pm

10th March to 7th April 2022

[Online via Zoom](#)

Thursdays 6:30pm-8:30pm

You may often wonder "What does my child want from me?" In this 5 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.

Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Tuning into Kids

8th February to 8th March 2022

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

In this 5 week child development course, parents of pre-school and primary aged children, will learn about emotionally intelligent parenting. This course will teach parents how to help their children:

- Identify and understand their emotions
- Successfully use emotions during interactions
- Use emotional awareness to guide them when solving problems
- Deal with frustrations

Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Tuning into Teens

9th February to 9th March 2022

[Online via Zoom](#)

Wednesdays 10:30am-12:30pm

This 5 week course will help parents of tweens and teens learn skills to talk to & understand their teenager, help them to manage their emotions, prevent behaviour problems & teach them to deal with conflict.

Learn how to:

- 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

Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

123 Magic & Emotion Coaching

9th February to 23rd February 2022

[Online via Zoom](#)

Wednesdays 10:30am-12:30pm

16th March to 30th March 2022

[Online via Zoom](#)

Wednesdays 6:30pm-8:30pm

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

Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook.

Bringing Up Great Kids

8th March to 5th April 2022

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

This 5 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.

Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Emotion Coaching

22nd March to 5th April 2022

[Online via Zoom](#)

Tuesdays 10:30am to 12:30pm

This 3 week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style, some of the traps they may fall into in their parenting and build their confidence and knowledge as parents. Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting courses will find this course particularly helpful as they gain new insights and new ideas and build on existing skills.

Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook.

No Scaredy Cats

23rd March to 6th April 2022

[Online via Zoom](#)

Wednesday 6:30pm-8:30pm

Anxiety in children is becoming the leading concern for parents and teachers alike and the rates of childhood anxiety are growing. CatholicCare Sydney is pleased to be able to bring No Scaredy Cats to our suite of parenting programs in 2020. It is a new 3 week course from the developers of 1-2-3 Magic & Emotion Coaching and Engaging Adolescents and is designed to help parents understand how anxiety develops and how they can counter its progress; how parents can take a preventative role in the development of anxiety problems and how parents can help their children can build resilience.

Cost of course is \$60 + \$10 for Parent Workbook. Free for concession card holders but \$10 for workbook

REGISTER FOR A COURSE

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