

My Kids & Me

August to September 2022
Tuesday 10:30am to 1:00pm

[Online via Zoom](#)

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

20th July to 17th August 2022
Wednesdays 10:30am to 1:00pm

[Online via Zoom](#)

22nd August to 19th September 2022
Mondays 6:30pm to 9:00pm

[Online via Zoom](#)

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)

20th July to 17th August 2022
Wednesdays 10:30am to 12:30pm

[Online via Zoom](#)

25th July to 28th August 2022
Mondays 10:30am to 12:30pm

[Online via Zoom](#)

23rd August - 20th September 2022
Tuesdays 10:30-12:30pm

[Online via Zoom](#)

24th August to 21st September 2022
Wednesdays 6:30pm to 8:30pm

[Online via Zoom](#)

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.

123 Magic & Emotion Coaching

3rd August to 17th August 2022
Wednesdays 10:30am to 12:30pm

[Online via Zoom](#)

3rd August to 17th August 2022
Wednesdays 6:30pm to 8:30pm

[Online via Zoom](#)

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

16th August to 13th September 2022
Tuesdays 10:30am to 12:30pm

[Online via Zoom](#)

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.

Tuning into Kids

24th August to 21st September 2022
Wednesdays 10:30am-12:30pm

[Online via Zoom](#)

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

24th August to 21st September 2022
Wednesdays 6:30pm to 8:30pm

[Online via Zoom](#)

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.

No Scaredy Cats

29th August to 12th September 2022
Mondays 10:30am-12:30pm

[Online via Zoom](#)

Anxiety in children is becoming the leading concern for parents and teachers alike and the rates of childhood anxiety are growing. 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 build resilience.

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

Emotion Coaching

8th September to 22nd September 2022
Thursdays 6:30pm to 8:30pm

[Online via Zoom](#)

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 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

**REGISTER FOR
A COURSE**

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