



Online and in-person courses available

We help families learn new strategies and create opportunities to connect with other parents. Our courses 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 still have 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 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 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 Melissa

Melissa joined CatholicCare Sydney in the Family Wellbeing Team as a Group Facilitator in August 2021.



She is a trained Social Worker who has been supporting families for over 20 years with child protection, domestic violence, homelessness and family support.

Melissa has been facilitating parenting programs for 10 years and enjoys seeing parents come together to learn, grow and reflect on becoming the best parents they can be.

She enjoys seeing the support and advice parents provide to one another, as well as the light bulb moments they have about the choices they can make as parents.

'I enjoy the collective learning we share together as parents, we have a laugh (and a cry) about the joys and challenges of being a parent in today's fast paced world.'

Melissa sees child development groups as an opportunity for parents to reduce isolation and join with other parents to see that they are not alone in their strengths and struggles as parents.

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✉️ parenteducation@catholiccare.org

🌐 CatholicCare.org



ABN 38 841 427 747

Parenting and Child Development Calendar



PE0032
33-LV3-001/1



Keeping Kids In Mind

8th February to 8th March 2023

[Online via Zoom](#)

Wednesdays 6:30pm-9:00pm

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 phone **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)

8th February to 8th March 2023

[Online via Zoom](#)

Wednesdays 6:30pm - 8:30pm

28th February to 28th March 2023

[Online via Zoom](#)

Tuesdays 10:30am - 12:30pm

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.

123 Magic & Emotion Coaching

15th March to 29th March 2023

[Online via Zoom](#)

Wednesdays 6:30pm - 8:30pm

21st March to 4th April 2023

[Online via Zoom](#)

Tuesdays 10:30am - 12:30pm

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.

Tuning into Kids

20th February to 27th March 2023

[Online via Zoom](#)

Mondays 10:30am - 12:30pm

In this 6 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 \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Bringing Up Great Kids

8th March to 5th April 2023

[Online via Zoom](#)

Wednesdays 10:30am - 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.

The Anxiety Coach

15th March to 29th March 2023

[Online via Zoom](#)

Wednesdays 10:30am - 12:30pm

Anxiety in children is becoming the leading concern for parents and teachers alike and the rates of childhood anxiety are growing. The Anxiety Coach is a 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 Course Workbook. Free for concession card holders but \$10 for Course Workbook.

Emotion Coaching

20th March to 3rd April 2023

[Online via Zoom](#)

Mondays 10:30am - 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.

Tuning into Teens

28th February to 4th April 2023

[Online via Zoom](#)

Tuesdays 10:30am - 12:30pm

This 6 week course will help parents of tweens and teens to understand adolescence, be better at talking with your child, understanding your child more, help your teen learn to manage their emotions, help prevent behaviour problems and teach your teen to deal with conflict.

Cost of course is \$120 + \$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.