



## About our courses

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.

### Online and in-person

At present, our courses are all running online. Online courses offer more flexibility for busy parents while still providing the connection of being part of a group. Our parent coaching sessions are offered in-person and online.

### Fees

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 Sydney services are provided by qualified, skilled and experienced professionals.

## Parent coaching

Parents that have attended our courses are able to access up to three sessions of one-to-one parent coaching to assist in the practice of techniques and consolidating information from the courses they have attended.

Our team of group facilitators are therapeutically trained and skilled in child development. Their focus is to bring knowledge about attachment and supporting parent/child relationships.

Additional time with a facilitator can help parents feel more confident using different approaches with their children, leading to improved relationships and children receiving the support they need to feel happy and secure.

Our parenting coaching sessions have a cost per session. If you are experiencing financial hardship or have a concession card, reduced cost sessions are available.

## Get in touch

Wellbeing & Family Relationship Service  
2C West Street, Lewisham 2049

📞 13 18 19  
✉ [pcd@catholiccare.org](mailto:pcd@catholiccare.org)  
🌐 [catholiccare.org/pcd](http://catholiccare.org/pcd)

**CatholicCare**  
SYDNEY

# Parenting and Child Development

Term 4 2023 Courses



**CatholicCare**  
SYDNEY

## My Kids & Me

**25th October to 6th December 2023** **Online via Zoom**  
**Wednesdays 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

**17th October to 14th November 2023** **Online via Zoom**  
**Tuesdays 10:30am – 1:00pm**

**2nd November to 30th November 2023** **Online via Zoom**  
**Thursdays 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.

If you would like more information about Keeping Kids in Mind, please visit [www.keepingkidsinmind.org](http://www.keepingkidsinmind.org).

**Cost of course is \$150 including Course Workbook.**  
**Free for concession card holders but \$50 for Course Workbook.**

## 123 Magic & Emotion Coaching

**11th October to 25th October 2023** **Online via Zoom**  
**Wednesdays 6:30pm – 8:30pm**

**16th October to 30th October 2023** **Online via Zoom**  
**Mondays 10:30am – 12:30pm**

**21st November to 5th December 2023** **Online via Zoom**  
**Tuesdays 10:30am – 12:30pm**

In this 3-week course parents of pre-school and primary aged children will not only gain an understanding of why difficult behaviour occurs, but also learn the necessary skills to manage it.

### Learn how to:

- engage your children's cooperation by positively noticing and encouraging them
- set clear expectations and help them develop frustration tolerance
- help children's brains develop filters for behaving well
- 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.**

## Circle of Security Parenting (abbreviated)

**16th October to 13th November 2023** **Online via Zoom**  
**Mondays 6:30pm – 8:30pm**

**24th October to 21st November 2023** **Online via Zoom**  
**Tuesdays 10:30am – 12:30pm**

**6th November to 4th December 2023** **Online via Zoom**  
**Mondays 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.**

## Tuning into Kids

**11th October to 15th November 2023** **Online via Zoom**  
**Wednesdays 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.**

## Tuning into Teens

**18th October to 22nd November 2023** **Online via Zoom**  
**Wednesdays 10:30am to 12:30pm**

This 6-week course will help parents of tweens and teens learn skills to talk to and understand their teenager, help them to manage their emotions, prevent behaviour problems and 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 \$120 + \$5 for Course Workbook.**  
**Free for concession card holders but \$5 for Course Workbook.**

## Emotion Coaching

**31st October to 14th November 2023** **Online via Zoom**  
**Tuesdays 6:30pm to 8:30pm**

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 helpful as they gain new insights to build on existing skills.

**Cost of course is \$60 + \$5 for Course Workbook.**  
**Free for concession card holders but \$5 for Course Workbook.**

## The Anxiety Coach

**22nd November to 6th December 2023** **Online via Zoom**  
**Wednesdays 6:30pm to 8:30pm**

Anxiety in children has become a major concern for parents and teachers as the rates of childhood anxiety are growing. The Anxiety Coach is a 3-week course from the developers of 123 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.**

**Bookings are essential.** Course fees for all courses, except Keeping Kids in Mind and My Kids & Me, are \$20 per session and free for concession card holders.

Course material is an additional charge depending on the course and all participants need to purchase a booklet.

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