

## Circle of Security Parenting (abbreviated)

**1st May to 29th May 2024** **Online via Zoom**  
**Wednesdays 6:30pm – 8:30pm**

**6th May to 3rd June 2024** **Online via Zoom**  
**Mondays 10:30am – 12:30pm**

**21st May to 18th June 2024** **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.**

## Bringing up Great Kids

**6th May to 3rd June 2024** **Online via Zoom**  
**Mondays 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 covered include:

- messages from our past
- brain development in children
- understanding the messages behind children’s behaviour
- 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**

## My Kids & Me

**7th May to 18th June 2024** **Online via Zoom**  
**Tuesdays 10:30am – 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.**

## Tuning into Kids

**8th May to 12th June 2024** **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

**14th May to 18th June 2024** **Online via Zoom**  
**Tuesdays 6:30pm – 8:30pm**

This 6-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 \$120 + \$5 for Course Workbook.**  
**Free for concession card holders but \$5 for Course Workbook.**

## 123 Magic & Emotion Coaching

**20th May to 3rd June 2024** **Online via Zoom**  
**Mondays 10:30am – 12:30pm**

**19th June to 3rd July 2024** **Online via Zoom**  
**Wednesdays 6:30pm – 8:30pm**

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.**

## Anxiety Coach

**20th May to 3rd June 2024** **Online via Zoom**  
**Mondays 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.**

## Keeping Kids In Mind

**22nd May to 19th June 2024** **Online via Zoom**  
**Wednesdays 10:30am – 1:00pm**

**5th June to 3rd July 2024** **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.

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

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

## Emotion Coaching

**17th June to 1st July 2024** **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 + \$5 for Course Workbook. Free for concession card holders but \$5 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.