



## About our courses

Our aim is to help families learn new strategies and create opportunities to connect with other parents. Our courses will help you to be the best parent you can be.

## Where

We run most courses online via Zoom. 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 and workbook fees are kept to a minimum. For concession card holders, attendance is free with the cost of only the workbook to be covered.

## Qualifications

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

To reserve your spot, get in touch with us:

📞 Call 13 18 19

🌐 Visit [catholiccare.org/pcd](https://catholiccare.org/pcd)

## 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

Parenting and Child Development  
2C West Street, Lewisham 2049

📞 13 18 19

✉ [pcd@catholiccare.org](mailto:pcd@catholiccare.org)

🌐 [catholiccare.org/pcd](https://catholiccare.org/pcd)

**CatholicCare**  
SYDNEY

# Parenting and Child Development

Term 3 2025 Courses



**CatholicCare**  
SYDNEY

## My Kids & Me

**23rd July to 3rd September 2025**  
**Wednesdays 10:30am – 1:00pm**

**Online via Zoom**

A seven-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 the course Workbook.**

## Circle of Security Parenting (abbreviated)

**28th July to 25th August 2025**  
**Mondays 10:30am – 12:30pm**

**Online via Zoom**

**30th July to 27th August 2025**  
**Wednesdays 6:30pm – 8:30pm**

**Online via Zoom**

In this five-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 need 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 younger children.

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

## Tuning into Kids

**28th July to 1st September 2025**  
**Mondays 10:30am – 12:30pm**

**Online via Zoom**

This six-week course will teach parents how to help their children identify and understand their emotions, support them to problem solve and build their confidence. It will also provide an opportunity for parents to learn ways to connect with and strengthen their relationship with their children.

**Cost of course is \$120 + \$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.

## Keeping Kids in Mind

**28th July to 25th August 2025**  
**Mondays 6:30pm – 9:00pm**

**Online via Zoom**

**29th July to 26th August 2025**  
**Tuesdays 10:30am – 1:00pm**

**Online via Zoom**

Keeping Kids in Mind is a five-week course aimed at assisting separated/divorced parents to support their children through the changes. It examines areas such as loss and grief, attachment, resilience and communication to support co-parenting with a focus on the needs of children.

*Please register your interest via the Keeping Kids in Mind website [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.**

## Tuning into Teens

**31st July to 4th September 2025**  
**Thursdays 6:30pm – 8:30pm**

**Online via Zoom**

In this six-week course, you'll learn skills on how to talk to and understand your tween and teenager. Learn how to support them to manage their emotions and navigate adolescence. You will support them to build their problem-solving skills whilst maintaining connection with you as their parent.

**Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

## 123 Magic & Emotion Coaching

**1st September to 15th September 2025**  
**Mondays 6:30pm – 8:30pm**

**Online via Zoom**

**10th September to 24th September 2025**  
**Wednesdays 10:30am – 12:30pm**

**Online via Zoom**

In this three-week course, parents of pre-school and primary aged children will gain an understanding of why children express emotions through their behaviour and learn the necessary skills to help them at these times. You'll learn strategies to engage your children's co-operation and support them in positive ways to strengthen their resilience and build your connection with them.

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

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## Anxiety Coach

**8th September to 22nd September 2025**  
**Mondays 6:30pm – 8:30pm**

**Online via Zoom**

The three-week course has been designed to help parents understand how anxiety develops and how they can support their children during times when they experience anxiety. Enabling parents to be able to respond as well as take some preventative steps by helping children to build their resilience and coping strategies.

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

## Emotion Coaching

**10th September to 24th September 2025**  
**Wednesdays 10:30am – 12:30pm (Day)**

**Online via Zoom**

**10th September to 24th September 2025**  
**Wednesdays 6:30pm – 8:30pm (Evening)**

**Online via Zoom**

This three-week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style and build their confidence and knowledge as parents. They'll also be better equipped to support their children's emotions and emotional intelligence as they grow. This course is designed with an in depth focus on emotion coaching to help parents gain new insights as well as for those that may have touched briefly on this topic in other programs.

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