



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

Parent Coaching

Parents that have attended our courses are able to access up to three sessions of one-on-one parent coaching, to assist in the practice of techniques and consolidating information from the courses they've 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 to 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
- 🌐 catholiccare.org/pcd

CatholicCare
SYDNEY

Parenting and Child Development

Term 1 2026 Courses



PED053

CatholicCare
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Bringing Up Great Kids

2nd February to 2nd March 2026
Mondays 10:30am – 12:30pm

Online via Zoom

This five-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.

Course cost is \$100 + \$5 for course workbook. Course free for concession card holders, \$5 required for course workbook.

Circle of Security Parenting (abbreviated)

2nd February to 2nd March 2026
Mondays 10:30am – 12:30pm

Online via Zoom

4th February to 4th March 2026
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.

Course cost is \$100 + \$5 for course workbook. Course free for concession card holders, \$5 required for course workbook.

Emotion Coaching

3rd February to 17th February 2026
Tuesdays 6:30pm – 8:30pm

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.

Course cost is \$60 + \$5 for course workbook. Course free for concession card holders, \$5 required for course workbook.

123 Magic & Emotion Coaching

4th February to 18th February 2026
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.

Course cost is \$60 + \$10 for course workbook. Course free for concession card holders, \$10 required for course workbook.

Keeping Kids in Mind

4th February to 4th March 2026
Wednesdays 6:30pm – 9:00pm

Online via Zoom

3rd March to 31st March 2026
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, visit www.keepingkidsinmind.org

Course cost is \$150, including course workbook. Course cost is \$50 for concession card holders, including course workbook.

Bookings are essential. Course cost, except for 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 course workbook.

Tuning into Teens

4th February to 11th March 2026
Wednesdays 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 or teenager. Learn how to support them to manage their emotions and navigate adolescence. You'll support them to build their problem-solving skills, whilst maintaining connection with you as their parent.

Course cost is \$120 + \$5 for course workbook. Course free for concession card holders, \$5 required for course workbook.

Tuning into Kids

9th February to 16th March 2026
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.

Course cost is \$120 + \$5 for course workbook. Course free for concession card holders, \$5 required for course workbook.

My Kids & Me

17th February to 31st March 2026
Tuesdays 10:30am – 1:00pm

Online via Zoom

My Kids and Me is 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, \$10 required for the course workbook.

Anxiety Coach

16th March to 30th March 2026
Mondays 10:30am – 12:30pm

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.

Course cost is \$60 + \$10 for course workbook. Course free for concession card holders, \$10 required for course workbook.

