

My Kids & Me

October to November 2018
Fridays, 10:30am to 1:00pm

Family Relationship Centre
8 Jacobs St
(cnr French Ave)
Bankstown

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 essential for this course. There is no charge for the course **however there is a \$10 charge for the workbook required for the course.**

No childminding available for this course.

Keeping Kids In Mind

16th October to
13th November 2018
Tuesdays 10:30am to 1:00pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

18th October to
15th November 2018
Thursdays 6:00pm to 8:30pm

Family Relationship Centre
8 Jacobs St
(cnr French Ave)
Bankstown

31st October to
28th November 2018
Wednesdays 10:30am
to 1:00pm

CatholicCare
Level 2, Suite 4
Neeta City Shopping Centre
Smart St, Fairfield

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 ph **1800 55 46 46**.

Prior bookings essential for this course. Cost of course is \$100 including Parent Workbook. Free for concession card holders, **however there is a \$10 charge for the workbook required for the course.**

No childminding available for this course



Disability and Stroller access is available, please telephone in advance for further assistance and information.

Bringing Up Great Kids

17th October to 7th November 2018
Wednesdays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This 4 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.

Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.

Tuning into Teens

18th October to 15th November 2018
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

This 5 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

Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.

123 Magic & Emotion Coaching

22nd November to
6th December 2018
Thursdays 6:30pm to 8:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

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

Childminding available but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.

Circle of Security Parenting

22nd October to 19th November 2018
Mondays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

6th November to
4th December 2018
Tuesdays 10:30am to 12:30pm

Family Relationship Centre
8 Jacobs St
(cnr French Ave)
Bankstown

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.

Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.

Emotion Coaching

20th November to 4th December 2018
Tuesdays 10:30am to 12:30pm

CatholicCare
Corner of West and
Thomas Streets
Lewisham

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.

Childminding available for this course but must be booked in advance. \$5 per child or \$10 per family. Gold coin donation for concession card holders.