Parenting and Child Development

CatholicCare SYDNEY

Term 4 2026 Courses

123 Magic & Emotion Coaching

19th October - 2nd November 2026 **Online via Zoom**
Mondays 10:30am - 12:30pm

In this 3-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. You will 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 $90 including course workbook.
Course free for concession card holders, $15 required for course workbook.

Bringing Up Great Kids

19th October - 16th November 2026 **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 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 $135 including course workbook.
Course free for concession card holders, $10 required for course workbook.

Circle of Security (abbreviated)

19th October - 16th November 2026 **Online via Zoom**
Mondays 10:30am - 12:30pm

21st October - 18th November 2026
Wednesdays 6:30pm - 8:30pm

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.

Course cost is $135 including workbook.
Course free for concession card holders, $10 required for workbook.

My Kids & Me

20th October - 1st December 2026 **Online via Zoom**
Tuesdays 10:30am - 1:00pm

My Kids & Me is a 7-week course specifically designed for parents whose children are in out-of-home 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 course workbook.

Keeping Kids in Mind

21st October - 18th November 2026 **Online via Zoom**
Wednesdays 6:30pm - 9:00pm

3rd November - 1st December 2026 **Online via Zoom**
Tuesdays 10:30am to 12:30pm

Keeping Kids in Mind is a 5-week course aimed at assisting separated/divorced parents 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

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

Tuning into Teens

21st October - 25th November 2026 **Online via Zoom**
Wednesdays 6:30pm - 8:30pm

In this 6-week course, you will learn skills on how to talk to and understand your tween and teenager, support them to manage their emotions and navigate adolescence. You will support them to build their problem-solving skills

Course cost is $160 including workbook. Course free for concession card holders, $10 required for course workbook.

Anxiety Coach

18th November - 2nd December 2026 **Online via Zoom**
Wednesdays 10:30am - 12:30pm

This 3-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 $90 including course workbook. Course free for concession card holders, $15 required for course workbook.

Tuning into Kids

2nd November - 7th December 2026 **Online via Zoom**
Mondays 10:30am - 12:30pm

This 6-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 $160 including workbook. Course free for concession card holders, $10 required for course workbook.

Emotion Coaching

9th November - 23rd November 2026 **Online zia Zoom**
Mondays 10:30am - 12:30pm

This 3-week course focuses on John Gottman's Emotion Coaching. You'll gain an understanding of different parenting styles and being better able to support their children's emotions and emotional development as they grow.

Course cost is $85 including course workbook. Course free for concession card holders, $10 required for course workbook.

Defuse 4 Dads

2nd November - 7th December 2026 **In-person at Fairfield**
Mondays 6:00pm - 8:15pm

A 6-week course designed to support fathers to strengthen their parenting and build positive relationships with their children. It explores areas, such as communication, emotional connection, and understanding children's developmental needs, with a strong focus on promoting safe, nurturing family environments.

Course cost is $160 including workbook. Course free for concession card holders, $10 required for course workbook.

Bookings are essential. Course fees for all courses, except Keeping Kids in Mind and My Kids & Me, are $25 per session and free for concession card holders.

There is an additional charge for course workbooks except for Keeping Kids in Mind which is included in the course fee. All participants including concession card holders need to purchase a workbook.

Call 13 18 19 or **visit catholiccare.org/pcd** to book into our courses.

Get in touch

Parenting and Child Development
2C West Street, Lewisham 2049

13 18 19
pcd@catholiccare.org
catholiccare.org/pcd

CatholicCare SYDNEY