

## Term 3 2026 Courses

### My Kids & Me

21st July to 1st September 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 course workbook.

### Keeping Kids in Mind

22nd July to 19th August 2026  
Wednesday 6:30pm – 9:00pm

Online via Zoom

29th July to 26th August 2026  
Wednesdays 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](http://www.keepingkidsinmind.org)

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

### Bringing Up Great Kids

27th July to 24th August 2026  
Mondays 10:30am to 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 \$135 including workbook. Course free for concession card holders, \$10 required for workbook.

### Emotion Coaching

27th July to 10th August 2026  
Mondays 10:30am – 12:30pm

Online via Zoom

8th September to 22nd September 2026  
Tuesdays 10:30am to 12:30pm

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. Being better able 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 \$85 including workbook. Course free for concession card holders, \$10 required for course workbook.

### Circle of Security (abbreviated)

28th July to 25th August 2026  
Tuesdays 10:30am to 12:30pm

Online via Zoom

26th August to 23rd September 2026  
Wednesdays 10:30am to 12:30pm

Online via Zoom

26th August – 23rd September 2026  
Wednesdays 6:30pm to 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 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 course workbook.

### 123 Magic & Emotion Coaching

5th August to 19th August 2026  
Wednesdays 6:30pm to 8:30pm

Online via Zoom

24th August to 7th September 2026  
Mondays 10:30am to 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 \$90 including workbook. Course free for concession card holders, \$10 required for course workbook.

### Tuning into Teens

5th August to 9th September 2026  
Wednesdays 6:30pm to 8:30pm

Online via Zoom

In this six-week course, you will learn skills on how to talk to and understand your tween and teenager, supporting 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.

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

### Tuning into Kids

17th August to 21st September 2026  
Mondays 10:30am to 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 \$160 including workbook. Course free for concession card holders, \$5 required for course workbook.**

### Defuse 4 Dads (Term 3)

19th August to 23rd September 2026  
Wednesdays 6pm to 8:15pm

In-person (Fairfield)

A six-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 course workbook. Course free for concession card holders, \$10 required for course workbook.**

### Anxiety Coach

31st August to 14th September 2026  
Mondays 10:30am to 12:30pm

Online via Zoom

This 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 \$90 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](https://catholiccare.org/pcd) to book into our courses.**

## Get in touch

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