

**APPLICATION FORM**

Family Name ..... Given Name(s) ..... Post Code .....

Address ..... Suburb ..... Email .....

Telephone ..... Mobile ..... Date .....

	Course Name	Day	Date	Location	Please provide the ages of your child/children
1st Choice					
2nd Choice					

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION. Concession No. ....

NSLHD employees ONLY: Department & Hospital .....

Pay Cheques/Money Orders to: **Northern Sydney Local Health District** and post to:  
**Child & Adolescent Parenting, PO Box 142, North Ryde NSW 1670** OR Fax form with CREDIT CARD details to **8877 5319**

Credit Card:  Mastercard  Visa Card (Will appear as 'Macquarie Hospital' on statement)

Cardholder's Name (Printed) : .....

AMOUNT: \$ ..... Expiry Date: / /

**PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.**

**HOW TO ENROL**

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

**COMPLETE** the Application Form;  
**MAKE** cheques/money orders payable to:  
 Northern Sydney Local Health District

**POST** the completed Application Form and the fee to:  
 Child & Adolescent Parenting  
 PO Box 142  
 NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:  
 FAX: 8877 5319

**Staff Concessions:**

20% discount for staff of Northern Sydney Local Health District on courses only.

**Childminding:**

We regret we cannot provide childminding.

**Public Holidays:**

Classes are **NOT** held on public holidays.

**Receipts:**

Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

**Refunds/Credits:**

Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

**COURSE VENUES**

- Chatswood Community Health Centre, 57 Hercules St
- Seaforth Dalwood Spilstead Centre, 21 Dalwood Ave
- Brookvale Headspace, Level 2, 1A Cross St

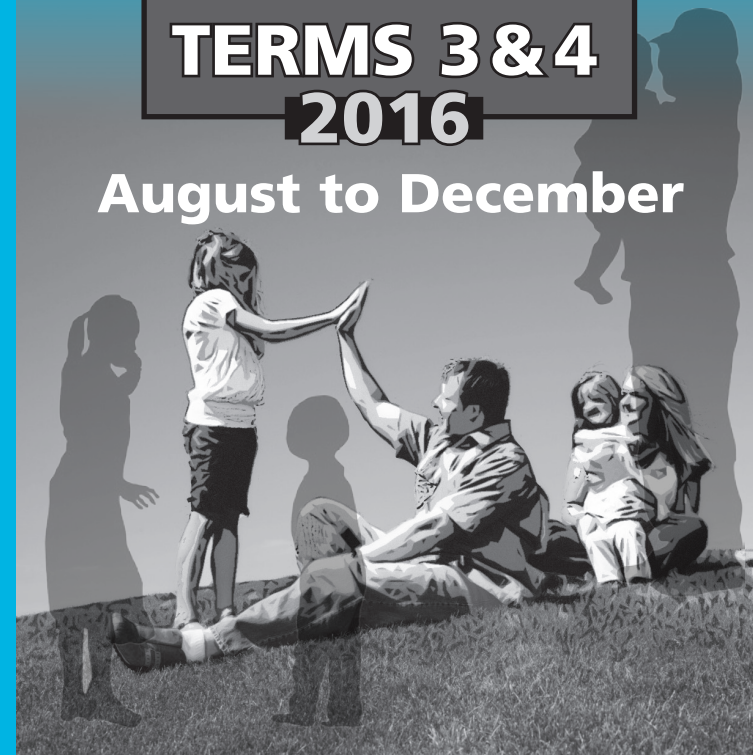
**ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED**

Couples discount available for courses only.  
 We regret that we cannot provide child minding.

Parenting Education  
 for Mums,  
 Dads and Carers

**TERMS 3 & 4**  
**2016**

**August to December**



**CHILD & ADOLESCENT PARENTING**

Phone: 8877 5152

Email: [NSLHD-CYMHSParenting@health.nsw.gov.au](mailto:NSLHD-CYMHSParenting@health.nsw.gov.au)

[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)



**Health**  
 Northern Sydney  
 Local Health District

## FOR CHILDREN 1–12 YEARS

### Toddlers: Terrible or Terrific

3 x 2.5 hr workshops \$50pp or \$120pp for 3 workshops in one term **Age 1-3yrs**

- (1) Understanding Your Toddler/Discipline & Tantrums
- (2) Tucker without Tantrums/Toilet Training
- (3) Speech & Language Development/Sleep

<b>Term 3</b>	Tues	7.00-9.30pm	2/8(1), 9/8(2), 16/8(3)	Chatswood
<b>Term 4</b>	Thurs	7.00-9.30pm	3/11(1), 10/11(2), 17/11(3)	Chatswood

### Helping your 3 – 6 Year Old Child with Anxiety

2 x 2.5hr workshops \$80 for the 2 workshops

**PARTICIPANTS MUST ATTEND BOTH WORKSHOPS**

Content: Understand anxiety, symptoms, impacts & causes; learn ways to overcome anxiety & work on specific skills; find out traps to avoid & where to seek help.

<b>Term 3</b>	Tues	7.00-9.30pm	30/8 & 13/9	Chatswood
<b>Term 3</b>	Wed	7.00-9.30pm	24/8 & 7/9	Seaforth
<b>Term 4</b>	Mon	7.00-9.30pm	24/10 & 7/11	Chatswood

### Tuning in to Kids

5 wks (2.5hrs) \$175pp (\$150 concession) **Age 3-10yrs**

**Content:** Help your child develop *emotional intelligence*, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

<b>Term 3</b>	Mon	7.00-9.30pm	8/8 – 5/9	Chatswood
<b>Term 4</b>	Wed	7.00-9.30pm	2/11 – 30/11	Chatswood

### Triple P (Positive Parenting Program)

3 x 2hr seminars \$50pp or \$120pp for 3 seminars

- 1 - The Power of Positive Parenting
- 2 - Raising Confident, Competent Children
- 3 - Raising Resilient Children

<b>Term 3</b>	Thurs	7.00-9.00pm	11/8(1), 18/8(2), 25/8(3)	Chatswood
<b>Term 4</b>	Mon	7.00-9.00pm	21/11(1), 28/11(2), 5/12(3)	Chatswood

### Communicating with Kids Workshop

2.5hrs \$50pp

**Content:** Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.

<b>Term 3</b>	Mon	7.00-9.30pm	12/9	Chatswood
<b>Term 4</b>	Thurs	7.00-9.30pm	24/11	Chatswood

## Resilient Kids Workshop

2.5hrs \$50pp

**Content:** Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

<b>Term 3</b>	Tues	7.00-9.30pm	23/8	Chatswood
<b>Term 4</b>	Wed	7.00-9.30pm	26/10	Chatswood

## FOR TEENS

### Tuning in to Teens

5wks (2.5hrs) \$175pp (\$150 concession)

**Content:** Help your teenager develop emotional intelligence, learn skills to talk and understand your teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with conflict

<b>Term 3</b>	Wed	7.00-9.30pm	10/8 – 7/9	Chatswood
<b>Term 3</b>	Thurs	6.30-9.00pm	11/8 – 8/9	Brookvale
<b>Term 4</b>	Tues	7.00-9.30pm	1/11 – 29/11	Chatswood
<b>Term 4</b>	Wed	6.30-9.00pm	2/11 – 30/11	Brookvale

### Dealing With Teen's Backchat Workshop

2.5hrs \$50pp

**Content:** Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

<b>Term 3</b>	Wed	7.00-9.30pm	3/8	Chatswood
<b>Term 4</b>	Tues	7.00-9.30pm	25/10	Chatswood

**Triple P (PPP) Seminars (2hrs) \$500ea**  
Organised through schools, centres and councils

Positive ways to promote children/teens development

**1-12yrs:** Seminar 1: Power of positive parenting  
Seminar 2: Raising confident, competent children  
Seminar 3: Raising resilient children

**TEENS:** Seminar 1: Raising responsible teenagers  
Seminar 2: Raising competent teenagers  
Seminar 3: Getting teenagers connected

## WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS

Community rate \$500 group booking (25 people)  
Corporate rate available on request

To organise a workshop/seminar OR for details of workshops/seminars scheduled, phone 8877 5152.

### Toddler Workshops 2.5 hours

1. Understanding Your Toddler/Discipline and Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

### Older Sibling – New Baby 2.5 hours

Content: Understanding your older child's feelings, development & reactions, strategies to help juggle 2 children & manage the older child's behaviour, community services & networks.

THURS 1/9 7.00-9.30PM CHATSWOOD

### Grand Parenting 2.5 hours

Content: Role of grandparents in today's world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

### Communicating with Kids Workshop 2.5hrs

Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

### Transition to School 2.5 hours

Content: the emotional transition from home to school, effective communication and listening skills, how to say "no" assertively, problem solving skills and how parents can look after themselves.

### Resilient Kids 2.5 hours

Content: helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

### Transition to High School 2.5 hours

Content: learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

### Dealing with Backchat 2.5 hours

Content: restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.