

CatholicCare | Strengthening your Relationships

Wollongong Courses - Term 4, 2019

Call us 4254 9395
enquiries@catholiccare.dow.org.au
www.catholiccare.dow.org.au



For Parents & Carers

123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12 years

Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours.

3 x 2.5 hour sessions held weekly

\$45

Tuesdays 19, 26 November & 3 December, 1:30- 4pm

OR Thursdays 24, 31, October & 7 November, 9:30am- 12pm

SEEING RED - Introduction to managing challenging emotions

For Adults

Strong emotions are natural and are felt by everyone. Learn to recognise, communicate and listen to your feelings and others feelings. Learn to express these feelings in an assertive way.

3 x 2 hour sessions held weekly

\$45

Tuesdays 3, 10, 17 December, 2-4pm

OR Thursdays 24, 31 October & 7 November 10am-12pm

CIRCLE OF SECURITY PARENTING™

For all Parents/Carers

A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly

\$75

Tuesdays 15, 22, 29 October & 5, 12 November, 5:30-7:30pm

OR Thursdays 21, 28 November & 5, 12, 19 December, 1-3pm

BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships.

4 x 2.5hour sessions held weekly

\$60

Wednesdays 13, 20, 27 November & 4 December, 10am-12:30pm

Shellharbour Office, 7/5 Burra Place, Shellharbour City

BRINGING UP GREAT TEENS

For all Parents/Carers

Learn to promote positive and respectful parent-teen relationships. Focus on the big issues and challenges when managing conflict and connecting with teens.

4 x 2 hour sessions held weekly

\$60

Thursdays 21, 28 November & 5, 12 December 10-12pm

MY KIDS & ME

For Parents who have had their children removed from their care

Parents explore grief and loss and its impact on children and the family. Assists parents to develop strengths and build support networks.

7 x 2.5 hour sessions held weekly

FREE

Tuesdays 15, 22, 29 October & 5, 12, 19, 26 November 1:30- 4pm

25-27 AUBURN ST, WOLLONGONG

CatholicCare's Families & Communities Program is funded by the Australian Government
Concessions may apply dependent upon financial circumstances





For Parents and their Children after Separation

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with emotional and practical issues of parenting after separation. Explores the impact separation has on your whole family.

5 x 2.5 hour sessions held weekly

\$100

Tuesdays 18, 25 November & 2, 9, 16 December, 9:30am-12pm

OR

Thursdays 17, 24, 31 October & 7, 14 November, 1:30-4pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family & relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- pregnancy loss.

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.



Mental Health First Aid

STANDARD

For Adults

Teaches adults how to provide initial support to youth experiencing a mental illness or are in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.

2 days held over 2 weeks (14 hour program)

\$198 incl GST

Fridays 6 & 13 December, 9.30am-4:30pm

STANDARD REFRESHER

For Adults

The Standard MHFA Refresher Course allows people who have previously completed the Standard MHFA course to refresh their knowledge and skills. For people who are accredited Mental Health First Aiders, this course offers an opportunity to extend their accreditation for a further 3 years.

4 hour face-to-face course

\$110 incl GST

Friday 8 November 9am-1:30pm