

OUTREACH & OTHER COURSES

Outreach Education Dates for 2022

Tenterfield -

Inverell - Supporting Children with Developmental Trauma - Thursday 5th May 2022 - 9.30 am - 2.30pm

Glen Innes -

Relationship Courses

Love Isn't All You Need - FEES APPLY - per couple - \$100 waged, \$70 unwaged with concession card (Couples only)



No counselling! Work through exercises in the 7 Principles for Making Marriage Work book in private. This 6 x 2 hour course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

14/4/2022 Version

CONTACT DETAILS



Our Offices are Located in:
Armidale | Glen Innes | Gunnedah | Inverell
| Moree | Narrabri | Tamworth | Walgett |
headspace Tamworth

With outreach services provided
across the diocese

Contact Us:
Ph: 1800 372 826
E: contact@centacarenw.com.au
www.centacarenw.com.au
or find us on Facebook:
www.facebook.com/CentacareNENW

Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

How can we help your family?

**May to
August
2022
Program
Guide
Armidale**



**FREE CALL - 1800 372 826
or 6738 7200**

 **Centacare**
New England North West
Rural Resilience
THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE

All programs and services are FREE or attract a nominal fee.



An Australian Government Initiative

FAMILY RELATIONSHIP CENTRE

Centacare and the Family Relationship Centre are here to help you strengthen family relationships; help families stay together; and assist families through separation.

Courses for separated parents

Building Connections - One session - FREE

This program aims to help separated parents have healthy and strong relationships with their children.

The pre-mediation program covers:

- ways of communicating with the other parent
- the impact of separation and conflict on children,
- setting goals for future parenting

Armidale 2022

May

Wed 4 May 5.30 - 8.30pm

Mon 9 May 9.30am - 12.30pm

Wed 18 May 5.30 - 8.30pm ONLINE

June

Wed 1 Jun 5.30 - 8.30pm

Mon 6 Jun 9.30am - 12.30pm

Wed 15 Jun 5.30 - 8.30pm ONLINE

July

Wed 13 Jul 5.30 - 8.30pm

Mon 18 Jul 9.30am - 12.30pm

Wed 27 Jul 5.30 - 8.30pm ONLINE

August

Wed 10 Aug 5.30 - 8.30pm

Mon 1 Aug 9.30am - 12.30pm

Wed 24 Aug 5.30 - 8.30pm ONLINE

PARENTING PROGRAMS

Keeping Kids In Mind! (KKIM) - 5 sessions - FEES APPLY

This is a 5 week accredited course designed to help separated or divorced parents in high conflict. This course aims to help parents handle strong emotions better, understand how entrenched conflict negatively affects children and provides tips for parenting during tough times. *KKIM satisfies the requirements of a court ordered separated parenting course.*

COST: Waged \$100, Unwaged \$70 with concession card

5 Thursdays – 26 May & 2, 9, 16, 23 June 2022 -

10am –12.30pm



Parenting courses

Tuning in to Teens - 6 sessions - FREE - For parents of adolescents aged 12-24.

Learn how to: be better at talking with and understanding your teen
- help your teen learn to manage their emotions and help to prevent behaviour problems in your teen

and teach your teen to deal with conflict

Teens who develop emotional intelligence:

- are more aware, assertive and strong with peer pressure
- make positive friendships and handle conflict better
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

May - June 2022

6 Wednesdays - 4, 11, 18, 25 May & 1, 8 June 2022

10am - 12.30pm

Toolkit for Dads - FREE - One 3 hour session

What gets in the way, what to do if you lose it, what children need, smarter ways to parent, neuroscience and kids, helping children thrive, new ways to discipline, self-care for dads

Thursday 28th April - 9.30am –12.30pm

Thursday 19th May - 9.30am - 12.30pm

Thursday 30th Jun - 9.30am - 12.30pm



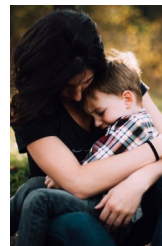
PARENTING PROGRAMS

Thursday 28th July - 9.30am - 12.30pm

Tuning into Kids - 5 sessions - FREE - For parents of children aged 2 –12 years old.

Learn how to:

- be better at talking with and understanding your child
- help your child learn to manage their emotions and help to prevent behaviour problems in your child



- teach your child to deal with conflict
These children: have greater success with making and keeping friends, have better concentration at school, are more able to calm down when upset or angry and tend to have fewer childhood illnesses

May - June 2022

6 Tuesdays - 3, 10, 17, 24, 31 May & 7 June 2022 - 10am to 12.30pm

Parenting Explosive Kids - 4 sessions - FREE

For parents of children who are explosive: Parents will learn to identify the child's concerns and triggers that cause the behaviour, teach the child coping skills and find workable solutions that satisfy both parent and child.

June - July 2022 Armidale

4 Thursdays - 22, 29 June & 6, 13 July - 10am - 12.30pm

Supporting Children with Developmental Trauma -

6 Sessions - FREE

Understanding the behaviour of children with developmental trauma, what to look for and how to help, therapeutic parenting, PACE, attachment and why it's important.

June - July 2022 Armidale

6 Tuesdays - 21, 28 June & 5, 12, 19, 26 July - 10am - 12.30pm

