

TERM 4 2023

**At Centacare South West NSW
we are passionate about supporting
all people in our community.
We are part of Wagga Wagga, Albury,
Griffith, Mulwala & surrounding communities.
We believe in wellbeing for all.
We run courses in...**

ANGER MANAGEMENT

Offering you greater awareness and understanding of how your brain works, what lies beneath your anger, and how grief and loss impact anger. This course is especially suitable for separated parents who have been court-ordered or legally recommended.

PARENT TRAINING IN BEHAVIOUR MANAGEMENT

Parents will learn the basics of behaviour management and how to apply these skills effectively and consistently to increase parenting and carer confidence in managing challenging behaviours.

KEEPING KIDS CALM

This program helps parents/carers to understand their children's emotions and behaviour and offers strategies on how to help their child be calm and better manage challenging behaviours.

KEEPING KIDS IN MIND

This course is for parents who have separated and are having a difficult time managing conflict between each other. It also aims to help parents support their children through their experience of separation.

1-2-3 MAGIC AND EMOTION COACHING

An education course for parents/carers about how to manage difficult behaviour in children aged 2-12 years old.

ENGAGING ADOLESCENTS

This course teaches parents and carers strategies for how to have challenging conversations with their teenagers about their behaviour.

PARENTING CHILDREN WITH ADHD

The goal of this course is to inform and empower parents/carers to work together with their child to cope with the challenges of ADHD. This course provides practical, workable strategies that will make a difference in the lives of all family members.

NDIS – NATIONAL DISABILITY INSURANCE SCHEME

Centacare Southwest NSW is a registered National Disability Insurance Scheme provider. Our NDIS Team have knowledge and expertise in all plan areas, including Coordination of Supports, Positive Behavioural Support & Delivery of Services.

SUPPORT WITH YOUR RELATIONSHIPS

We offer individual, couples and family counselling to help support, strengthen and improve relationships.

SUPPORT FOR YOUR MENTAL HEALTH

Speak confidentially with one of our professional counsellors or psychologist who are skilled in helping people to improve their mental health and wellbeing.



**Here
for you...**



Book today

Call 1300 619 379
Website: centacareswsw.org.au

TERM 4 TIMETABLE 2023

PROGRAMS	WHERE	WHEN	TIME	FEES	FACILITATOR	ABOUT
Keeping Kids in Mind	Online via Microsoft Teams	Tuesday 10th, 17th, 24th, 31st October & 7th November Registrations close: Tuesday 26th September	6:00pm 8:00pm	S\$100 C\$60	Tammy & Viv	This program is for separated parents who are experiencing ongoing conflict.
Parenting Children with ADHD	Online via Microsoft Teams	Wednesday 11th, 18th, 25th October Registrations close: Wednesday 27th September	6:00pm 8:00pm	S \$60 C\$40	Maree & Tammy	Parenting Children with ADHD program has been designed to give parents and carers an understanding of what ADHD is, its nature and how it impacts on the child and his/her family.
Anger Management	Online via Microsoft Teams	Monday 30th October, 6th, 13th, 20th, 27th November Registrations close: Monday 16th October	6:00pm 8:00pm	S \$100 C\$60	Tammy & Maree	This program helps support people to understand & cope with their feelings of anger.
What's Behind the Behaviour (Seminar)	Online via Microsoft Teams	Wednesday 22nd November Registrations close: Wednesday 8th November	11:00am 1:00pm	FREE	Greta & Keryn	This 2-hour seminar focuses on why children behave the way they do, and how to create your own toolkit of helpful ideas to promote positive behaviour.
Understanding Self Harm Behaviours (Seminar)	Online via Microsoft Teams	Thursday 30th November Registrations close: Thursday 16th November	5:00pm 7:00pm	FREE	Greta & Stina	Self-harm is often used as a way to respond to and manage emotional pain, or distress. This seminar helps parents to understand what's behind the self-harming behaviour.

Book today

S = Standard C = Concession Prices

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