

## OUTREACH & OTHER COURSES

### Outreach Education Dates for 2017

#### Glen Innes - Keep Calm They're Just Kids

Friday 8th September 2017 - 10.30am to 1.30pm

#### Tenterfield - Surviving Your Adolescents

Friday 1st September 2017 - 10.30am to 1.30pm

#### Inverell - Practical Parenting

Friday 11th August 2017 - 10.30am to 1.30pm

### Relationship Courses

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

Most couples get help or advice 6 years too late. If you act now you can help prevent divorce and increase your happiness in the relationship!

This 2 x 6 hour course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

#### August 2017 Armidale

Two Saturdays - 19th & 26th August - 9.30am to 4.30pm

#### October 2017 Tamworth

Two Saturdays - 21st & 28th October - 9.30am to 4.30pm

**Bringing Baby Home - FEES APPLY - per couple - \$100 waged, \$70 unwaged with concession card (Couples only)**

#### September 2017 Armidale

Two Saturdays - 23rd & 30th September - 9.30am to 4.30pm

9/8/17 Version



## CONTACT DETAILS

### Tamworth Office

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### Armidale Office

3/150 Rusden Street, Armidale  
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*Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices in Moree, Narrabri, Walgett and Inverell. Please contact our Armidale or Tamworth team for more information.*

***Dates and times are subject to change.***

***Courses may be cancelled prior to start date due to insufficient registrations.***

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?**

**August to  
December  
2017**

**Program  
Guide**

**Armidale**



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



**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
- the support services available to you.

#### **Armidale 2017**

##### **August**

Thu 10th Aug 9.30am -12.30pm

Wed 23rd Aug 5.30 - 8.30pm

##### **September**

Thu 7th Sep 9.30am -12.30pm

Wed 27th Sep 5.30 - 8.30pm

##### **October**

Thu 5th Oct 9.30am -12.30pm

Wed 18th Oct 5.30 - 8.30pm

##### **November**

Thu 9th Nov 9.30am -12.30pm

Wed 27th Nov 5.30 - 8.30pm

##### **December**

Thu 7th Dec 9.30am -12.30pm

Wed 13th Dec 5.30 - 8.30pm

## 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.*

**Five Mondays: Starts 14th August - 9.30am - 12pm COST: Waged \$100, Unwaged \$70 with concession card**

### **Parenting courses**

#### **Keep Calm They're Just Kids - Three sessions - FREE**

For parents of children who exhibit behaviours of concern: severe non-compliance, temper outbursts and verbal or physical aggression. 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.

#### **August 2017 Armidale**

Thursdays - 17th, 24th & 31st - 9.30am - 12pm

#### **November 2017 Armidale**

Thursdays - 16th, 23rd & 30th - 9.30am - 12pm

#### **Practical Parenting - Two sessions - FREE**

Practical Parenting offers strategies to take the stress out of parenting. Sick of repeating yourself? Giving in to stop the whining? Stop shouting and start connecting!

#### **September 2017 Armidale**

Fridays - 15th & 22nd -

9.30am - 12.30pm

#### **December 2017 Armidale**

Mondays - 4th & 11th - 9.30am - 12.30pm



## PARENTING PROGRAMS

### **Surviving Your Adolescents - Two sessions - FREE**

Surviving Your Adolescents will provide parents with some useful skills for dealing with teenage behaviour. Find out what is normal behaviour for a teenager; how to manage risk-taking; tips to maintain and improve your relationship with your teenager; and the Four Cardinal Sins (what not to do) and what to do with your teens.

#### **October 2017 Armidale**

Mondays - 9th & 16th - 5.30 - 8.30pm



#### **Toolkit for Dads - FREE**

Nobody is a perfect parent the secret is to be good enough! Learn what children really need to grow up confident, calm and creative. Gives you useful tips from other dads to deal with discipline, emotions, communication and enjoying your kids.

#### **September 2017 Armidale**

Mon 25th - 9.30am - 12.30pm

#### **November 2017 Armidale**

Mon 20th - 9.30am -12.30pm

