

# Strengthening Relationships

## Individual Sessions Available

CatholicCare's Families & Communities Program now offer individual psycho-educational sessions that focus on a range of topics related to strengthening relationships and supporting individuals and families.

We are available to facilitate these sessions within the community, organisations, schools and parishes. The sessions are generally developed to be delivered to adults, parents and carers.

We can discuss adaptation of sessions to suit different audiences and needs, and welcome ideas for further sessions. Cost is indicative of total session cost and payment options can be discussed. Maximum numbers may apply and may differ dependant on session.

## Parenting & Relationships

Emotion Coaching	Time	Cost
<ul style="list-style-type: none"><li>• Dr Gottmans Emotion Coaching for Parents</li><li>• Developmental benefits of emotion coaching</li><li>• Emotional Regulation &amp; examples</li></ul>	2 hours	\$240 +GST

Understanding Attachment	Time	Cost
<ul style="list-style-type: none"><li>• Definition and types</li><li>• Parenting Styles</li><li>• How to provide healthy, safe attachment</li><li>• Addressing damage, obstacles and repair</li></ul>	2 hours	\$240 +GST

Healthy Relationships	Time	Cost
<ul style="list-style-type: none"><li>• Communication &amp; Conflict Resolution</li><li>• Desired characteristics vs. red flags</li><li>• Safety, trust, boundaries</li><li>• Support services</li></ul>	2 hours	\$240 +GST

Family Wellbeing	Time	Cost
<ul style="list-style-type: none"><li>• Family Resilience</li><li>• Family Values</li><li>• Family Connection</li><li>• Family Self-Care</li><li>• Family Mindfulness</li></ul>	2 hours	\$240 +GST

# Strengthening Relationships

## Wellbeing, Self-Care & Mental Health

Self-Care	Time	Cost
<ul style="list-style-type: none"><li>• Areas of self-care</li><li>• Proactive approaches</li><li>• Stress and burnout</li><li>• Strategies &amp; Achievable ideas</li></ul>	2 hours	\$240 +GST

Mindfulness	Time	Cost
<ul style="list-style-type: none"><li>• Mindfulness</li><li>• Mindfulness &amp; Self Care</li><li>• Mindfulness &amp; Compassion</li><li>• Mindfulness &amp; Worries</li><li>• Mindfulness &amp; Gratitude</li></ul>	2 hours	\$240 +GST

Mental Health Awareness	Time	Cost
<ul style="list-style-type: none"><li>• What is mental health?</li><li>• Why good mental health is important</li><li>• Common types of mental illness</li><li>• What to do if you are concerned</li><li>• Resources &amp; Support</li></ul>	2 hours	\$240 +GST

For more information or to discuss how these sessions may work for you, please contact us via the online form by clicking [here](#) or using the QR code.

[www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)

**Wollongong** 25-27 Auburn Street Wollongong  
**Campbelltown** 35A Cordeaux Street, Campbelltown  
**Nowra** 55 Worrigeer St, Nowra

Scan QR code to access the online form

