

## FREE Parenting Programs at Centacare for July 2023

### PARENTING COURSES –

#### Parenting Explosive Kids - 3 sessions - FREE - 10am - 1pm

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.

#### July Armidale

3 Thu- 6, 13, 20 July 2023

#### Practical Parenting - FREE – 10am - 1pm

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!

July Armidale - 3 Mon - 17, 24 July 2023

#### Surviving Your Adolescents - Two sessions - FREE - 10am –1pm

Provides parents with some useful skills for dealing with teenage behaviour. 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.

July Armidale - 2 Tue - 18 & 25 July 2023

### 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 2023

#### July

Wed 5 Jul 5.30 - 8.30pm ONLINE

Wed 12 Jul 10am - 1pm

Wed 19 Jul 5.30 - 8.30pm

#### Pedro Sousa

#### Facilitator

#### Family Support Program

02 6738 7200

02 6771 5747

150 Rusden Street

Armidale NSW 2350

[www.centacarenw.com.au](http://www.centacarenw.com.au)