

## OUTREACH & OTHER COURSES

### Outreach Education Dates for 2024

**INVERELL - Tuning in to Teens** - Thursday 25th July 2024 - 10am - 2.30pm

**Helping Children with Trauma** - Thursday 31st October 2024 - 10am - 2.30pm

**GLEN INNES - Helping Children with Trauma** - Thursday 29th August 2024 - 9.30am - 2.30pm

**Surviving Your Adolescents** - Thursday 28th November 2024 - 9.30am - 2.30pm

**TENTERFIELD - Parenting Explosive Kids** - Thursday 26th September 2024 - 10.30am - 2.30pm

**Helping Children with Trauma** - Thursday 19th December 2024 - 10.30am - 2.30pm

**NARRABRI -**

**MOREE -**

### Relationship Courses

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



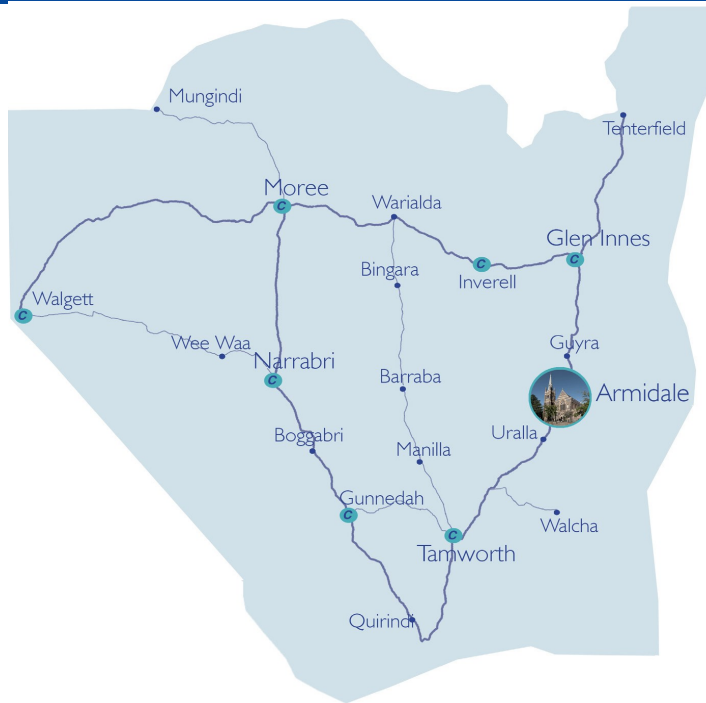
No counselling! Work through exercises in the 7 Principles for Making Marriage Work book in private. This 6 x 2 hour course teaches you the skills that you need to increase your friendship and closeness and help you with conflict.

### Armidale 2024

3rd, 10th, 17th & 24th October - 10am - 1pm

23/7/24 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](mailto:contact@centacarenw.com.au)  
[www.centacarenw.com.au](http://www.centacarenw.com.au)  
or find us on Facebook:  
[www.facebook.com/CentacareNENW](http://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?

**September  
to  
December  
2024  
Program  
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

**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 2024**

#### **July**

Wed 10 Jul	5.30 - 8.30pm ONLINE
Wed 17 Jul	10am - 1pm
Wed 24 Jul	5.30 - 8.30pm

#### **August**

Wed 14 Aug	5.30 - 8.30pm ONLINE
Wed 21 Aug	10am - 1pm
Wed 28 Aug	5.30 - 8.30pm

#### **September**

Wed 11 Sep	5.30 - 8.30pm ONLINE
Wed 18 Sep	10am - 1pm
Wed 25 Sep	5.30 - 8.30pm

#### **October**

Wed 9 Oct	5.30 - 8.30pm ONLINE
Wed 16 Oct	10am - 1pm
Wed 23 Oct	5.30 - 8.30pm

### **Keeping Kids In Mind! (KKIM) - 4 sessions - FEES APPLY**

- helps 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

**Tamworth - 4 Thursdays – 1, 8, 15 & 22 August 2024 - 10.30am - 1.30pm**

### **PARENTING COURSES - 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.

**Armidale 2024** - 2 Tuesdays - ZOOM 6th & 13th August, 15th, 22nd & 29th October, 5th & 12th November, 3rd & 10th December.

### **Tuning in to Teens - 4 sessions - FREE - 10am – 1pm**

Would you like to learn how to:

- be better at talking with and understanding your teen?
- help your teen learn to manage their emotions, help to prevent behaviour problems and teach your teen to deal with conflict?

**Armidale 2024** - Tuesdays - 3rd, 10th, 17th & 24th September

### **Toolkit for Dads - One 3 hour session - FREE - 10am – 1pm**

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

**Armidale 2024** - Wednesdays - 24th July, 28th August, 25th September, 30th October, 27th November, 18th December

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

Practical Parenting offers 12 strategies to take the stress out of parenting. Sick of repeating yourself? Giving in to stop the whining? Stop shouting and start connecting!

**Armidale 2024 - Mondays** - 14th, 21st & 28th October, 2nd, 9th & 16th December

**Tuesdays** - ZOOM 20th & 27th August, 19th & 26th November



### **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.

**Armidale 2024** - 3 Mondays - ZOOM 5th, 12th & 19th August, 3 Thursdays, 7th, 14th & 21st November, 5th & 12th December

**Tamworth 2024 - 3 Thursdays– 5th, 12th & 19th September**

### **Tuning into Kids - 4 sessions - FREE– 10am – 1pm**

Would you like to 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?

**Armidale 2024** - 4 Mondays - 2nd, 9th, 16th & 23rd September.

### **Helping Children with Trauma - FREE– 10am- 1pm**

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

**Armidale 2024** - 4 Mondays - 4th, 11th, 18th & 25th November