

OUTREACH & OTHER COURSES

Outreach Education Dates for 2021

Tenterfield - **TBA**

Inverell -

Glen Innes -

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.

May - June 2021

6 Tuesdays – 4, 11, 18, 25 May & 1, 29 June 2021—10am to 12.30pm

7/4/21 Version

CONTACT DETAILS

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Armidale Office

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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?

**May to
September
2021
Program
Guide
Armidale**



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



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

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

Armidale 2021

May

Mon 17 May 5.30 - 8.30pm

Mon 24 May 9.30am -12.30pm

June

Mon 21 Jun 5.30 - 8.30pm

Mon 28 Jun 9.30am -12.30pm

July

Mon 19 Jul 5.30 - 8.30pm

Mon 26 Jul 9.30am -12.30pm

Aug

Mon 9 Aug 5.30 - 8.30pm

Mon 30 Aug 9.30am -12.30pm

Sep

Mon 6 Sep 5.30 - 8.30pm

Mon 13 Sep 9.30am -12.30pm

Oct

Mon 11 Oct 5.30 - 8.30pm

Mon 25 Oct 9.30am -12.30pm

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.*

COST: Waged \$100, Unwaged \$70 with concession card

5 Wednesdays – 18, 25 Aug & 1, 8, 15 Sep 2021

5.30 - 8pm

Parenting courses



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.

June 2021 Armidale

Tuesday 15th & 22nd June - 9.30am - 12.30pm

July 2021 Armidale

Thursday 15th & 22nd July - 9.30am - 12.30pm

Toolkit for Dads - FREE - One 3 hour session

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

Thursday 27th May - 9.30am - 12.30pm

Thursday 24th June - 9.30am -12.30pm

Thursday 29th July - 9.30am -12.30pm



PARENTING PROGRAMS

Thursday 26th August - 9.30am -12.30pm

Thursday 16th September - 9.30am -12.30pm

Tuning into Kids - 6 sessions - FREE

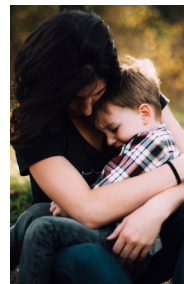
- A six session parenting program for parents of children aged 2 –12 years old

Would you like to learn how to:

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

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence: have greater success with making and keeping friends, have better concentration at school, are more able to calm down when upset or angry, tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!



July - August 2021 Armidale

6 Wednesdays - 14, 21 28 July & 4, 11, 18 August 2021

10am to 12.30pm

Supporting Children with Developmental Trauma - 6 Sessions - FREE

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

July - August 2021

6 Tuesdays - 13, 20, 27 July & 3, 10, 17 August - 9.30am to 12.30pm

