

## PARENTING PROGRAMS



### “Caring Dads”

The Caring Dads program emphasizes men's accountability for their behavior and helps fathers become aware of and be responsible for their use of abusive behavior and enrich their healthy parenting strategies in a child centered approach.

**Goal 1:** To develop sufficient trust & motivation to engage men in the process of examining their fathering.

**Goal 2:** To increase men's awareness & application of child centered fathering.

**Goal 3:** To increase men's awareness of, & responsibility for, abusive & neglectful fathering & it's impact on children.

**Goal 4:** Rebuilding trust with children & planning for the future.

### WHEN: CLIENT INTAKES ONGOING

To best prepare you for attending our programs we will require you to attend a pre-group interview at a cost of \$20 or for Concession Card holders \$10 to be paid at reception prior to your appointment.

**PLEASE CONTACT JOSHUA AT OUR TAMWORTH OFFICE FOR DETAILS REGARDING FURTHER INFORMATION AND UPDATES.**

## CONTACT DETAILS

### Tamworth Office

V Guy Kable Building  
201 Marius Street, Tamworth  
Phone : (02) 6762 9200

Email: [frcadmin@centacarenenw.com.au](mailto:frcadmin@centacarenenw.com.au)



### Armidale Office

3/150 Rusden Street, Armidale  
Phone: 02 6738 7200

Email: [armidale@centacarenenw.com.au](mailto:armidale@centacarenenw.com.au)



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.



## How can we help your family?

**February**

**March**

**April**

**2020**

**program guide for**

**Tamworth**



**Free call - 1800 372 826**



THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE  
All programs and services are **FREE** or attract a nominal fee.

**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**

This one 3 hour 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.

**February 2020**

Mon	3 <sup>rd</sup>	5:30PM to 8:30PM
Wed	26 <sup>th</sup>	12:30PM to 3:30PM
Fri	21 <sup>st</sup>	9:30AM to 12:30PM

**March 2020**

Mon	2 <sup>nd</sup>	5:30PM to 8:30PM
Wed	25 <sup>th</sup>	12:30PM to 3:30PM
Fri	20 <sup>th</sup>	9:30AM to 12:30PM

**April 2020**

Mon	6 <sup>th</sup>	5:30PM to 8:30PM
Wed	8 <sup>th</sup>	12:30PM to 3:30PM
Thu	16 <sup>th</sup>	9:30AM to 12:30PM



**CENTACARE FAMILY LAW SERVICES**  
Exploring opportunities for your changing family

**KEEPING KIDS IN MIND!**

**Fees Apply**

Keeping Kids in Mind (KKIM) is a 5 week accredited course designed to help separated or divorced parents in high conflict. (2½ hours per week)

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.*

**WHEN: February 4<sup>TH</sup> - 11<sup>TH</sup> - 18<sup>TH</sup> - 25<sup>TH</sup> - March 3<sup>RD</sup>**  
**TIME : 5 X TUESDAYS - 10AM - 12:30PM**

**Fees apply for the above course. \$100 per person or \$70 for holders of a pension concession card.**

**Free Parenting Courses**

**SURVIVING YOUR ADOLESCENTS FREE COURSE**

**FOR PARENTS OF CHILDREN AGED 11 - 22**

Surviving Your Adolescents is a program providing parents with useful skills to understand teenage behaviour. Find out what is normal behaviour; how to manage risk-taking and tips to maintain and improve your relationship; Understanding the Four Cardinal Sins when parenting teenagers.

**WHEN: APRIL - 22<sup>ND</sup> & 29<sup>TH</sup>**

**TIME : 2 X WEDNESDAYS - 9:30AM TO 12:30PM**



**PARENTING ON PURPOSE - FREE COURSE**

**FOR PARENTS OF CHILDREN AGED 2 - 14**

For parents who may like a refresher to strengthen their knowledge & skills. Parenting on Purpose offers strategies to take the stress out of parenting.

- » Sick of repeating yourself?
- » Giving in to stop the whining?
- » Blaming yourself?

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 concern and triggers that cause the maladaptive behavior, teach the child coping skills and find workable solutions that satisfy both parent and child.

**WHEN: MARCH 17<sup>TH</sup> - 24<sup>TH</sup> - 31<sup>ST</sup>**  
**April 7<sup>TH</sup> - 14<sup>TH</sup>**

**TIME : 5 X TUESDAYS 9:30AM to 12:30PM**

- Week 1. How we learn parenting & Parenting Styles, Communication & Encouragement
- Week 2. Emotion Coaching & Punishment v Discipline
- Week 3. Collaborative Problem Solving & Motivation
- Week 4. Communication as Language as Behaviour
- Week 5. Triggers & Unsolved Problems