



For Parents & Carers

123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12

Parenting can test your patience especially if you find yourself frequently raising your voice to deal with challenging behaviour. It doesn't have to be this way though, learn easy and effective strategies to deal with difficult behaviours without having to raise your voice. Find out more by enrolling in our upcoming group '123 Magic and Emotion Coaching'.

3 x 2.5 hour sessions held weekly **\$45**

Monday: 3, 10, 17 February, 10am-12.30pm

BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships

4 x 2 hour sessions held weekly **\$60**

Monday: 24 February & 2, 9, 16 March, 10am-12pm

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Parenting after separation can be difficult for both you and your child. Learn how to increase the support you offer your child and minimise issues associated with conflict or parenting arrangements. Our upcoming group 'Keeping Kids in Mind' will help you to deal with both the practical and emotional challenges of parenting after separation.

5 x 2.5 hour sessions held weekly **\$100**

Saturday: 15, 22, 29 February & 7, 14 March, 10am-12:30pm **OR**

Thursday: 12, 19, 26 March & 2, 9 April, 10am-12:30pm

NO SCAREDY CATS

For Parents / Carers of children with anxiety

Understanding your child's anxiety can be very challenging. You are invited to join a supportive and safe learning environment to help you understand more about your child's needs and how you can support and encourage your children to nurture their anxiety.

3 x 2.5 hour sessions held weekly **\$45**

Tuesday: 24, 31 March & 7 April, 5:30-8pm

CIRCLE OF SECURITY PARENTING™ ABBREVIATED

For Parents/Carers

Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly **\$75**

Thursdays 5, 12, 19, 26 March & 2 April, 5:30-7:30pm



For Parents & Carers

MY KIDS AND ME

For Parents who have had their children removed from their care

Have your children been removed from your care? Join us in a friendly and judgement free environment to reflect on your experiences, explore grief and loss, increase your understanding of the legal system and learn how to strengthen your relationships with your children. Learn all of this and more in our upcoming group 'My Kids and Me'.

7 x 2.5 hour sessions held weekly

FREE

Tuesday: 4, 11, 18, 25 February & 3, 10 & 17 March, 10am-12.30pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family and relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.



With a Special Focus

MENTAL HEALTH FIRST AID

For Adults

Support mental health in your community by learning how to assist other adults who are developing a mental health problem or who are experiencing a mental health crisis. Based on the Mental Health First Aid guidelines this course is suitable for everyone including clinical and frontline staff, teachers, volunteers and the general public.

2 days held over 2 weeks (14 hour program)

\$220

Monday: 23, 30 March, 9:30am-4:30pm

SEEING RED - Introduction to managing challenging emotions

For Adults

Strong emotions are natural and are felt by everyone. Learn to recognise, communicate and listen to your feelings and others feelings. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

5 x 2 hour sessions held weekly

\$75

Thursdays 6, 13, 20, 27 February & 5 March, 10am-12pm

25-27 AUBURN ST, WOLLONGONG

CatholicCare's Families & Communities Program is funded by the Australian Government

Concessions available

