zoom

PARENTING PROGRAMS AT HOME

ALL DELIVERED VIA ZOOM

Our Naremburn, Northern Beaches and Waitara Family Centres are delighted to provide a suite of parenting programs across October & November. Places are limited so please secure your spot as soon as possible and feel free to share with your friends and family. Those residing in Northern Sydney suburbs will be given priority.

WHAT YOU WILL NEED

Computer or laptop users will need a camera on this device, access to the internetand sound. Mobile or tablet users will need to download the free zoom app and have video, sound and internet.

CIRCLE OF SECURITY	TUNING INTO KIDS	TUNING INTO TEENS	KEEPING KIDS IN MIND
A 7 week program for parents of 0 – 5 year olds. Focuses on how you can strengthen your relationship with your children by understanding and responding to your children's needs and behaviours. For further info visit www.circleofsecurity.net	A 6 week program for parents of primary school children. You will learn how to be better at talking with and understanding your child, help your child learn to manage their emotions, prevent behaviour problems in your child and teach your child to deal with conflict.	A 6 week parenting program for parents of teens aged 10 – 18 years. Discover emotionally intelligent parenting including communicating more effectively with your teen, understand them better, help manage their emotions and prevent behaviour problems.	A 5 week course for parents experiencing conflict after separation. This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.
Fridays 16, 23, 30 Oct & 6, 13, 20, 27 Nov 2020 10.00am – 12.00pm FREE	**Tuesdays** 20, 27 Oct & 3, 10, 17, 24 Nov 2020 10.00am – 12.00pm FREE	**Wednesdays** 21, 28 Oct & 4, 11, 18, 25 Nov 2020 6.00pm – 8.00pm FREE	**Tuesdays** 27 Oct & 3, 10, 17, 24 Nov 2020 6.00pm – 8.30pm $100

BOOKINGS ESSENTIAL

P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

CatholicCare
Diocese of Broken Bay