



## About our courses

We help families learn new strategies and create opportunities to connect with other parents. Our aim is to help you be the best parent that you can be.

### Where

We run most courses online via Zoom, offering busy parents more flexibility whilst still providing the connection of being part of a group. Our Parent Coaching sessions are offered either in-person or online.

### Fees

Course and workbook fees are kept to a minimum. For concession card holders, attendance is free, with the cost of only the workbook to be covered.

### Qualifications

All CatholicCare Sydney services are provided by qualified, skilled and experienced professionals.

To reserve your spot, get in touch with us:

📞 Call 13 18 19

🌐 Visit [catholiccare.org/pcd](https://catholiccare.org/pcd)

## Parent coaching

Parents that have attended our courses are able to access up to three sessions of one-to-one parent coaching to assist in the practice of techniques and consolidating information from the courses they have attended.

Our team of group facilitators are therapeutically trained and skilled in child development. Their focus is to bring knowledge about attachment and supporting parent/child relationships.

Additional time with a facilitator can help parents feel more confident using different approaches with their children, leading to improved relationships and children receiving the support they need to feel happy and secure.

Our parenting coaching sessions have a cost per session. If you are experiencing financial hardship or have a concession card, reduced cost sessions are available.

## Get in touch

Parenting and Child Development  
2C West Street, Lewisham 2049

📞 13 18 19

✉ [pcd@catholiccare.org](mailto:pcd@catholiccare.org)

🌐 [catholiccare.org/pcd](https://catholiccare.org/pcd)

# Parenting and Child Development

## Term 1 2025 Courses



**CatholicCare**  
SYDNEY

**CatholicCare**  
SYDNEY

PED051

## My Kids & Me

4th February 2025 to 18th March 2025 **Online via Zoom**  
Tuesdays 10:30am – 1:00pm

My Kids and Me is a seven week course specifically designed for parents whose children are in out of home care or kinship care. The course covers topics such as loss and grief, what's it like for you and what's it like for your kids, talking and listening, and understanding the legal system.

**Prior bookings are essential for this course. No charge for the course but \$10 for the course Workbook.**

## 123 Magic & Emotion Coaching

10th February 2025 to 24th February 2025 **Online via Zoom**  
Mondays 10:30am – 12:30pm

12th February 2025 to 26th February 2025 **Online via Zoom**  
Wednesdays 6:30pm – 9:00pm

Learn:

- to engage your children's cooperation by positively noticing and encouraging them
- to set clear expectations and help them develop frustration tolerance
- to help children's brains develop filters for behaving well
- ways to resolve family conflict quietly
- simple strategies to practise being a calm parent.

**Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook.**

## Keeping Kids in Mind

26th February 2025 to 26th March 2025 **Online via Zoom**  
Wednesdays 10:30am – 1:00pm

12th March 2025 to 9th April 2025 **Online via Zoom**  
Wednesdays 6:30pm – 9:00pm

Keeping Kids in Mind is a dynamic five week course aimed at assisting separated/divorced parents to support their children through the changes. It examines issues such as loss and grief, attachment, resilience, and conflict resolution.

Please register your interest via the Keeping Kids in Mind website: visit [www.keepingkidsinmind.org](http://www.keepingkidsinmind.org).

**Cost of course is \$150 including Course Workbook. Free for concession card holders but \$50 for Course Workbook.**

## Circle of Security Parenting (abbreviated)

12th March 2025 to 9th April 2025 **Online via Zoom**  
Wednesdays 6:30pm – 9:00pm

You may often wonder "What does my child want from me?"

In this five week course you will learn about the Circle of Security parenting program, explaining how children look to their parents or caregivers for support as they move from their need for safety and security to their needs for exploration. Hear about ways to identify your children's needs and step by step approaches for promoting secure attachment in children.

Suitable for parents of children of all ages, but particularly focuses on infants and young children.

**Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

## Tuning into Teens

3rd March 2025 to 7th April 2025 **Online via Zoom**  
Mondays 6:30pm – 8:30pm

This six week course will help parents of tweens and teens learn skills to talk to & understand their teenager, help them to manage their emotions, prevent behaviour problems, and teach them to deal with conflict.

Learn how to:

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

**Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

## Bringing Up Great Kids

10th March 2025 to 7th April 2025 **Online via Zoom**  
Mondays 10:30am – 12:30pm

This five week course provides parents with an opportunity to reflect on the influences of their own parenting style and learn ways of enhancing communication and respectful interactions with their children. Topics to be covered include: messages from our past, brain development in children, understanding the messages behind children's behaviour, and developing helpful and effective ways of responding to children's needs, including the use of emotion coaching.

**Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

## Emotion Coaching

25th March 2025 to 8th April 2025 **Online via Zoom**  
Tuesdays 10:30am – 12:30pm

This three week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style, some of the traps they may fall into in their parenting, and build their confidence and knowledge as parents.

Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching, in other parenting courses, will find this course particularly helpful as they gain new insights and new ideas and build on existing skills.

**Cost of course is \$60 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.**

## Anxiety Coach

25th March 2025 to 8th April 2025 **Online via Zoom**  
Tuesdays 10:30am – 12:30pm

Anxiety in children is becoming the leading concern for parents and teachers alike and the rates of childhood anxiety are growing.

The Anxiety Coach is a three week course from the developers of '1-2-3 Magic & Emotion Coaching' and 'Engaging Adolescents', and is designed to help parents understand how anxiety develops and how they can counter its progress; how parents can take a preventative role in the development of anxiety problems and how parents can help their children can build resilience.

**Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook**

**Bookings are essential.** Course fees for all courses, except Keeping Kids in Mind and My Kids & Me are \$20 per session and free for concession card holders.

Course material is an additional charge, depending on the course, and all participants will need to purchase a booklet.

To reserve your spot, get in touch with us:

 Call 13 18 19

 Visit [catholiccare.org/pcd](http://catholiccare.org/pcd)