



For Parents & Carers

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**

Thursday: 6, 13, 20, 27 February & 5 March, 5:30-8pm

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**
Monday: 16, 23, 30 March, 10am-12:30pm

BRINGING UP GREAT TEENS

For parents / carers of adolescents 12-17 years

Explore how the teenage brain works and learn how to manage conflict and other issues such as risk taking behaviour in our upcoming group 'Bringing up Great Teens' in order to develop or maintain a positive relationship with your teenager.

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

Tuesday: 17, 24, 31 March & 7 April, 10am-12pm

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**

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

BLACK BOX PARENTING

For Parents/Carers

Explore how your journey and experiences influence your parenting and how you interact with your children. Black Box Parenting provides a non judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

6 x 2.5 hour sessions held weekly **FREE**

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

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**

Saturday: 8, 15, 22, 29 February & 7 March, 10am-12pm



For Parents & Carers

SEASONS FOR GROWTH - PARENTING

For Parents/Carers

Big changes in a young person's life can cause a range of difficult or confusing emotions. Parents can offer a range of support to help their child cope with these changes. Join other parents and caregivers to learn how to best support a child or young person experiencing loss or family change due to separation or family breakdown in our upcoming group 'Seasons for Growth - Parenting'.

2 x 2 hour sessions held weekly

\$30

Tuesday: 31 March & 7 April, 10am-12pm



With a Special Focus

SEEING RED - Introduction to managing challenging emotions

For all 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

Monday: 9, 16, 23, 30 March & 6 April, 5:30-7:30pm

YOUTH MENTAL HEALTH FIRST AID

For Adults

Learn how to provide initial support for youth experiencing a mental illness or who are in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behaviour disorders and eating disorders.

2 x 7.5 hour sessions held weekly

\$220

Friday: 20, 27 March, 9am-4:30pm

Please call 4628 0044 to book

MENTAL HEALTH FIRST AID REFRESHER

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.

1 x 4.5 hour sessions held weekly

\$110

Friday: 3 April, 9am-1:30pm

Please call 4628 0044 to book