

## FREE PROGRAMS FOR PARENTS Term 1 2017

<b>BRINGING UP GREAT KIDS</b> (4 weeks)	<p><i>A four week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions, and encourage the development of children's positive self-identity.</i></p> <p><b>Thursday 23<sup>rd</sup> February – 16<sup>th</sup> March: 9.30 am - 12.00 noon</b></p>
<b>1,2,3 MAGIC &amp; EMOTION COACHING</b> (3 weeks)	<p><i>A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and for early intervention. A great framework that preserves the dignity of the child and the adult.</i></p> <p><b>Friday 10<sup>th</sup> February – 24<sup>th</sup> February: 9.30 am – 11.30 am</b> <b>Friday 10<sup>th</sup> March– 24<sup>th</sup> March: 9.30 am - 11.30 am</b></p>
<b>TUNING IN TO KIDS</b> (6 weeks)	<p><i>This six session program teaches parents/ carers of 3 – 12 year old children how to become their child's emotion coach. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and emotional and behavioural issues.</i></p> <p><b>Tuesday 14<sup>th</sup> February - 21<sup>st</sup> March: 9.30 am – 12.00 noon</b></p>
<b>CIRCLE OF SECURITY PARENTING</b> (5 weeks)	<p><i>This five session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/ carers of 0 –10 yr. old children. Also suitable for parents whose children have emotional &amp; behavioural issues.</i></p> <p><b>Wednesday 22<sup>nd</sup> February – 22<sup>nd</sup> March: 9:30 am – 12:00 noon</b></p>
<b>ANGER MANAGEMENT AND CONFLICT RESOLUTION</b> (4 weeks)	<p><b>NEW!!</b> <i>A four session program filled with information about anger – what it is, how it impacts on our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.</i></p> <p><b>Wednesday 1<sup>st</sup> March – 22<sup>nd</sup> March: 6:00 pm – 8:30 pm</b></p>
<b>ASSERTIVENESS</b> (4 weeks)	<p><i>This is a four week nurturing program designed to build your self-esteem by supporting you to feel better about yourself, increase your confidence, and help you fulfil your goals in life.</i></p> <p><b>Monday 27 February – 20<sup>th</sup> March: 9:30 am – 12:00 pm</b></p>
<b>RELATIONSHIP RESCUE</b> (4 weeks)	<p><i>This four session program offers an opportunity to explore ways to have a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.</i></p> <p><b>Tuesday 21<sup>st</sup> February – 14<sup>th</sup> March: 6:15 pm – 8:45 pm</b></p>

***Child minding is available for a fee- bookings are essential.***