

Gold Coast family & relationship services newsletter

September to December 2018



centacare
catholic support services. providing help. creating hope.

family & relationship services

Parenting Programs

Keeping Kids in Mind

Helps separated parents minimise the impact of ongoing conflict on children, promotes co-parenting relationships, and provides opportunities to gain insights, skills and strategies to re-focus on children's needs.

Monday 8th October (5 wks)	5:30pm - 8:00pm
Tuesday 9th October 2018 (5 wks)	10.00am - 12:30pm
Monday 12th November (5 wks)	5:30pm - 8:00pm
Tuesday 13th November (5 wks)	10.00am - 12:30pm

Workbook: \$10

123 Magic

Provides parents with ideas and strategies to help them respond to and manage emotions and challenging behaviours in children aged 2-12 years.

Workbook: \$25

Thursday 1st November (3 wks)	9:30am - 12:00pm
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Engaging Adolescents

Supports parents to increase their confidence and satisfaction when parenting adolescents aged 10 years+ by learning how to resolve challenging behaviours and strengthen connections.

Workbook: \$25

Finding My Empowerment

Program for women aged 25 years+ that aims to improve women's sense of self worth by improving healthy relationship with self and others, developing healthy communication skills, building skills for dealing with challenging emotions, learning how to self-care, working on thoughts, feelings, and enhancing choices towards your preferred future.

\$10 per session

Youth Programs

Children First

Program for children who are adjusting to family life after parental separation or divorce. Includes art activities to explore changes to our families, living in 2 homes, coping with feelings, communication skills, looking after ourselves and moving forward.

Wednesday 24th October (5 wks) 7-12yrs
3:45pm - 5:45pm

Total cost: \$25

School Holiday Programs

Tuesday 25th Sept —Wednesday 26th Sept

7-12yrs 9:30am - 3:00pm

Total cost: \$40 (food provided)

Wednesday 19th December—Thursday 20th December

7-12yrs 9:30am - 3:00pm

Total cost: \$40 (food provided)

All programs are held at

50 Fairway Dr, Clear Island Waters QLD

For enquiries or to register please phone (07) 5527 7211