



BOOK ONLINE: www.familyconnectgc.org.au/bookings

ONLINE : FREE PARENTING & LIFE SKILLS PROGRAMS

FREE PARENTING PROGRAM



4 session program

A four session online 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.

Starts 19 Oct - 9 Nov

Anger Management & Conflict Resolution

Free Consultation Time included

FREE PARENTING PROGRAM



6 session program

A six session program designed for parents/carers & educators of preteens and teens aged 10 and over. The program aims to foster connection by providing adults with a greater understanding of a teen's emotional experience, while teaching skills that may assist in being supportive, empathic, and staying connected to the young person.

Starts 9 Nov - 14 December

Tuning in to Teens

Free Consultation Time included

ONSITE : FREE PARENTING AND LIFE SKILLS

FREE PARENTING PROGRAM



3 session program

Childminding Available \$4/child or \$5 for siblings

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 early intervention. A great framework that preserves the dignity of the child and the adult.

Fridays, 23 October - 6 November

123 Magic & Emotion Coaching

9:30am-11.30am

FREE PARENTING PROGRAM



6 session program

Childminding Available \$4/child or \$5 for siblings

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. Suitable for parents of children with anxiety, emotional & behavioural issues.

Wednesdays, 14 October - 18 November

Tuning In To Kids

9:30am-12pm

FREE PARENTING PROGRAM



5 session program

Childminding Available \$4/child or \$5 for siblings

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 year old children. Also suitable for parents whose children have emotional & behavioural issues.

Mondays, 26 October - 23 November

Circle Of Security

9:30am-12pm

FREE PARENTING PROGRAM



4 session program

Childminding Available \$4/child or \$5 for siblings

This four session program is for parents and carers of children aged 0-12 years old. It will help you understand children's misbehaviours and provide you with strategies to develop and foster emotional resilience, respect, cooperation and responsibility in your children.

Thursdays, 5 - 26 November

Parenting Made Easier

9:30am-12pm

FREE PARENTING PROGRAM



4 session program

Childminding Available \$4/child or \$5 for siblings

This four session nurturing program helps build self-esteem; increase confidence and helps individuals to feel better about themselves.

Fridays, 13 November - 4 December

Self-Esteem

9:30am-12pm



Oxenford/Coomera Community and Youth Centre (OCCYC)

25 Leo Graham Way, Oxenford

P: (07) 5529 8087

E: office@youthcentre.org.au

www.youthcentre.org.au



PROGRAMS AND SERVICES

Online: Parenting and Life Skills Programs

Free online programs are delivered through weekly videos and resource materials. Content can be viewed for one week with a live Q&A session on the Thursday of that week. If you are unable to attend the Q&A you are encouraged to send in your questions via email. See program list on the next page.

Book online at www.familyconnectgc.org.au/bookings

Onsite: Parenting and Life Skills Programs

Free onsite programs are delivered in a group setting onsite at the Oxenford/Coomera Community and Youth Centre (OCCYC), 25 Leo Graham Way, Oxenford. Childminding is available. See program list on the next page.

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Childminding

Child minding is available for parenting programs conducted at OCCYC - \$4 per child, \$6 for two children per session. Bookings are essential places are limited.

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EARLY YEARS HUBS

Educational, interactive, facilitator supported playgroups for parents and children 0-5 years.

Join us for singing, dancing, Read & Grow, craft and Jumping Jim kids sports.

Oxenford & Coomera



FAMILY SUPPORT AND COUNSELLING SERVICES

Relationship issues
Depression
Anger Management
Mental Health issues
Addictions
Anxiety

Strengths based, solution focused support

What people are saying about our programs...

"Thank you for providing this opportunity to continue personal growth from within our own home. I have learnt so much about my emotions and communication style which will definitely assist in my personal relationships and parenting journey. It was simple to follow and the self-reflection in the Q&A has assisted to engage in the content and progress forward. I have really benefited from this course. Thank you."

- Anger Management and Conflict Resolution - online - May 2020



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www.facebook.com/FamilyConnectGC

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