

For Parents of...

Babies & Toddlers

0—3 years

Baby Love

Loving your baby seems to be the most natural thing in the world to do.

This program is about getting off to a great start together. It's about your baby's communication with you. So if you are pregnant, or have a baby up to 12 months old then come with your baby to Baby Love.

Cost: \$20 per person

Tuesdays 27 July & 3 August
Tuesdays 16 & 23 November
9.30—11.30am

Little Kids with Attitude

We have all heard the phrase "the terrible two's". Why are toddlers so challenging? Why do they go from laughter to tantrums in a split second? What can parents do to stay in control? And, importantly how can we keep our cool and enjoy this stage?

Cost: \$20 per person

Tuesdays 24 & 31 August
Tuesdays 26 October & 2 November
9.30—11.30am

Children

3—11 years

Tuning Into Kids™

Tuning Into Kids is a parenting program that helps parents to help their children understand and regulate their emotions.

Cost: \$30 per person

Wednesdays
4, 11, 18 & 25 August
7.00 – 9.00pm

123 Magic™

This is a very popular structured program which aims to give control back to parents.

Cost: \$30 per person

Lunch provided
Saturday 4 September
Saturday 9 October
10.00am – 3.00pm

Sibling Rivalry

When brothers and sisters fight and hurt each other it can be one of the most distressing issues a parent can deal with. Come along and see if there are ways to create more peace at your place.

Cost: \$10 per person

Wednesday 6 October
7.00 – 9.00pm

Big Steps – Starting Prep

Letting go your little one's hand on that first day at school is a Big Step – for Mum and Dad!

Find out how to make it easier on everyone.

Cost: \$10 per person

Wednesday
13 October
7.00 – 9.00pm

Children's Experience of Grief and Loss

This is an opportunity for you to learn ways of supporting your child through play when they have experienced the death of someone close to them.

Cost: \$30 per person

Wednesdays
24 November, and
1 & 8 December
7.00 – 9.00pm

Adolescents

11+ years

Teens Rule!

Who ever thought that such a beautiful child would grow into such a disagreeable, scowling and unsociable teen! Can we ever believe that one day they will become kind and caring young adults? Come and find out.

Cost: \$30 per person

Wednesdays
14, 21 & 28 July
7.00 – 9.00pm
Thursdays 14, 21, & 28 October
10am—12noon

Dove Body Think™

This is an opportunity for mothers and daughters of any age to share a day together. The impact of the media on the self image of girls and women will be explored in a fun and interactive way.

Cost: \$50 for 2
Lunch provided.

Saturday 14 August
Saturday 13 November
10.00 – 3.00pm

For Adults...

Family

Life in the Blender

Blended and stepfamilies can sometimes feel like they are in a blender! - whizzing around and all shook up. If you don't have the kids on one of the days listed below, then come along and enjoy some support and learning with others.

Cost: \$50 per couple

Lunch provided
Saturday 17 July
Saturday 30 October
10.00am – 3.00pm

Couples

Time Out for Time Poor Couples

When was the last time you had time to focus on just the two of you? How about making one of the days listed below a date together?

Cost: \$50 per couple

Lunch provided
Saturday 7 August
Sunday 7 November
10.00am – 3.00pm

Knocked for 6!

This is a workshop for couples when a mental illness has been diagnosed and anxiety or depression is impacting on the relationship.

Cost: \$30 per couple

Wednesdays 1, 8, & 15 September
7.00 – 9.00pm

ENRICH™

ENRICH is a couple program based on a questionnaire. It is suitable for people in an established relationship. Usually there are 3 to 4 sessions working with a facilitator. Appointments are available during office hours and the cost is \$100.

Individuals

Separation Recovery

This is a program for people whose relationship has ended. Support is given through understanding the process of separation, and by focusing on the recovery journey.

Cost: \$30 per person

Women's Group
Tuesdays 3, 10, 17 & 24 August
1.00– 3.00pm

Men's Group

Wednesdays 20 & 27 October,
and 3 & 10 November
7.00 – 9.00pm

Learning to Bloom

This is a group for women who wish to gain more confidence in daily life. It is an opportunity to understand the past and to explore moving into the future.

Cost: \$30 per person

Tuesdays 6, 13, 20 & 27 July
1.00—3.00pm
Saturday 27 November
10.00am— 3.00pm

All groups are held at the

Family Relationship Centre
34 Peel Street North
BALLARAT

Contact details and the Registration Form are on the reverse side of this brochure. Please enquire about concession rates.

July - Dec

Ballarat 2010

Education & Skills Training

Family Relationship Services Program



“ people need support ”

About the Family Relationships Services Program

We all have a need for connection with other people, whether they are partners, children, friends or family members. Quality relationships can be a buffer against stress and life's setbacks for the whole family. In fact, successful relationships are good for everyone.

This is what others have said after participating in a group session.

“thoroughly enjoyed the program”

“made me feel I was not alone”

“It's nice to know other parents experience what we do”

Registration Form

Name/s: _____
 Name/s: _____
 Address: _____
 Suburb: _____ Post Code: _____
 Ph: _____ Mobile: _____
 Email: _____
 Payment Enclosed: \$ _____

Credit card details

Mastercard Visa
 Expiry _____
 Name of Card Holder _____
 Card No _____
 Signature of Card Holder _____

Program Calendar

Term 3

Program	Dates
Learning to Bloom	Tuesdays 6, 13, 20 & 27 July
Teens Rule!	Wednesdays 14, 21 & 28 July
Life in the Blender	Saturday 17 July
Baby Love	Tuesdays 27 July & 3 August
Separation Recovery Women's Group	Tuesdays 3, 10, 17 & 24 August
Tuning Into Kids	Wednesdays 4, 11, 18 & 25 August
Time Out for Time Poor Couples	Saturday 7 August
Dove Body Think	Saturday 14 August
Little Kids with Attitude	Tuesdays 24 & 31 August
Knocked for 6!	Wednesdays 1, 8, & 15 September
123 Magic	Saturday 4 September

For all enquiries and registrations
 Phone: 5327 7960

Registration and Payment

Please complete the form attached and send payment to:
 Attention Sue, Centacare,
 PO BOX 2537 Bakery Hill 3354
 Payment can also be made at:
 FRC, 34 Peel Street North, Ballarat.

Because it is important for our planning, we ask that you register at least 10 working days before a group starts.

Term 4

Program	Dates
Sibling rivalry	Wednesday 6 October
123 Magic	Saturday 9 October
Big Steps—Starting Prep	Wednesday 13 October
Teens Rule!	Thursdays 14, 21 & 28 October
Separation Recovery Men's Group	Wednesdays 20 & 27 October, and 3 & 10 November
Little Kids with Attitude	Tuesdays 26 October & 2 November
Life in the Blender	Saturday 30 October
Time Out for Time Poor Couples	Sunday 7 November
Dove Body Think	Saturday 13 November
Baby Love	Tuesdays 16 & 23 November
Children's experience of Grief & Loss	Wednesdays 24 November & 1 & 8 December
Learning to Bloom	Saturday 27 November

“ people grow and change ”



Family Relationship Services Program Intake & Referral

Telephone: 5327 7960

OR

Family Relationship Centre
 1300 303 988

PO Box 2537 Bakery Hill, 3354
 34 Peel Street North, Ballarat

Email: frsp@centacareballarat.org.au

Web: www.centacareballarat.org.au



Catholic Diocese of Ballarat Inc.
 ABN 51 857 004 361



An Australian Government Initiative



Department of Human Services

Centacare is compliant with the Federal Privacy Act, 1998. Facilitators of programs adhere to Centacares' Mission Statement and Code of Ethics.
 Funded and approved through the Federal Attorney General's Department, The Department of Families, Community Services and Indigenous Affairs, and the Department of Education and Early Childhood Development.

Confidentiality

- If you think a group is not for you, or if time is difficult to find, then working with a facilitator can be helpful. Options include the couples' program Prepare/ Enrich, and individual Parenting Consultations
- A separate **Preparing for Marriage** brochure is available
- Individual Parenting Consultations are free
- Centacare is not provided
- Centacare programs are conducted in a relaxed, friendly, non-judgmental environment. The facilitators are experienced and qualified professionals who draw on current research to support and encourage individuals and couples in their relationship happiness and success
- All program details and venues will be confirmed prior to commencement

Program costs and information

Centacare understands that finances can be tight at times, so if you are not able to pay you are still welcome and entitled to come to a group. Concession rates are available.