

Family Support Program

Groups 2019 Terms 3 & 4

Parenting Programs

Parenting Skills (2 week program)

- Managing challenging parenting moments
- Keeping cool when the kids heat up
- Choosing when to accept, prevent or influence children's difficult behavior

Term 3	Tuesday	23 rd & 30 th July	10am-12	\$40 or \$20 with concession
Term 4	Tuesday	22 nd & 29 th October	1– 3pm	\$40 or \$20 with concession

Bringing up Great Kids (3-week program)

A reflective parenting program developed by the Australian Childhood Foundation

- Building supportive parent-child relationships
- Exploring messages and beliefs we bring to our experience of parenting
- Understanding the world through our children's eyes

Term 4	Wednesday	16 th , 23 rd & 30 th October	6 – 8 pm	\$80 or \$40 with concession
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Tuning in to Teens (3-week program) (2-week program)

- How to raise emotionally intelligent children
- Connecting, accepting and understanding your teen
- Emotion coaching worry, sadness and anger in teens

Term 3	Wednesday	7 th , 14 th & 21 st August	6 – 8pm	\$80 or \$40 with concession
Term 4	Saturday	23 rd & 30 th November	10am – 2pm	\$80 or \$40 with concession

Tuning in to Kids (3-week program)

- Understanding the impact of emotions on behavior
- Identifying and understanding your own emotions
- Enhancing emotional connection within your family

Term 3	Tuesday	13 th , 20 th & 27 th August	1– 3pm	\$80 or \$40 with concession
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Circle of Security (8-week program)

A relationship based parenting program (*developed by Cooper, Hoffman & Powell 2009*)

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor the innate wisdom and desire for your child to be secure

Term 4 Tuesday 15th, 22nd and 29th October, 5th, 12th, 19th & 26th November and 3rd December

10am – 12pm

\$80 or \$40 with concession

Self-Awareness Programs

Learning to Bloom (4 week program)

A four week program especially for women.

- Looking at life in perspective
- Making some changes
- Spend time on you
- Meet like-minded women

Term 3 Wednesday 21st, 28th Aug, 11th, 18th Sept 6 – 8pm *\$80 or \$40 with concession*

Term 4 Thursday 7th, 14th, 21st & 28th November 1 – 3pm *\$80 or \$40 with concession*

Essence (4 week program)

Increasing awareness of the mind/body connection to reduce stress.

- Feeling as if life isn't going to plan?
- Have you been thinking about making some changes in your life?
- Want to learn how to reduce anxiety and stress?
- Interested to learn about Mindfulness?

Term 4 Wednesday 9th, 16th, 23rd & 30th October 1 – 3pm *\$80 or \$40 with concession*

We are also gathering expression of interest before running the following groups – *Please contact if you are interested in enrolling*

My Kids & Me (7 week program)

Strengthening relationships with your kids in care

- Developing insight and strategies; how to rebuild the relationship with your children who are in care.
- Opportunity to present your own story in a self-reflective group environment.

Back to Family (1 day program)

A workshop for parents of children who use drugs and/or alcohol

- Frequently asked questions
- The adolescent brain
- Preparing and building strong relationships with your child
- Parental self care

Yours, Mine and Ours (2 Week program)

A two week program for parents and individuals living in a blended family.

- Strengthen family bonds
- Raise awareness of the needs of children living in a blended family
- Discuss creative approaches to negotiating relationship issues between the couple and children

We can come to you!

Our groups can be conducted within community and school settings to suit your community's specific needs, for example location.

Drum Workshop

Using rhythm to reduce tension, stress and anxiety

1 hour

Parenting Programs

Any of the above listed programs can be offered

Self-awareness Programs

Any of the above listed programs can be offered

Tailored Programs & Presentations

We can tailor and adapt our programs or create programs for your group's needs and objectives. For further discussion on how we can adapt our programs for your needs please contact us.

For more information about accessing these services please call

Phone: (03) 5327 7960, or the Family Relationship Centre on 1300 303 988

Email: kerrie-anne.harris@centacareballarat.org.au

All scheduled groups will be held at the Family Relationship Centre, 34 Peel Street North Ballarat, unless otherwise stated.