

CatholicCare | Strengthening your Relationships

Campbelltown Courses - Term 1, 2019

Call us 4254 9395
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www.catholiccare.dow.org.au



For Parents & Carers

123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12 years

Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours.

3 x 2.5 hour sessions held weekly

\$45

Mondays 25 Feb & 4, 11 Mar, 5:30-8pm OR Tuesdays 5, 12, 19 Mar 1:30-4pm

SEEING RED - Introduction to managing challenging emotions

For all Parents/Carers

Anger is a natural emotion that is felt by everyone. Controlling feelings of anger can be tricky. Learn to recognise, communicate, listen and express your feelings.

3 x 2 hour sessions held weekly

\$45

Tuesdays 26 Mar & 2, 9 Apr, 2-4pm

CIRCLE OF SECURITY PARENTING™

For all Parents/Carers

A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly

\$75

Wednesdays 27 Feb & 6, 20, 27 Mar & 3 Apr, 10am-12pm

OR

Wednesdays 27 Feb & 6, 13, 20, 27 Mar, 2-4pm

MY KIDS & ME

For Parents who have had their children removed from their care

Parents explore grief and loss and its impact on children and the family. Assists parents to develop strengths and build support networks

7 x 2.5 hour sessions held weekly

FREE

Tuesdays 26 Feb & 5, 12, 19, 26 Mar & 2, 9 Apr, 9:30am-12pm

BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships.

4 x 2 hour sessions held weekly

\$60

Thursdays 7, 14, 21 & 28 Feb, 2-4pm

OR

Thursdays 14, 21, 28 Mar & 4 Apr, 10am-12pm

BRINGING UP GREAT TEENS

For all Parents/Carers

Learn to promote positive and respectful parent-teen relationships. Focus on the big issues and challenges when managing conflict and connecting with teens.

4 x 2 hour sessions held weekly

\$65

Thursdays 7, 14, 21, 28 Feb, 10am-12pm

OR

Thursdays 14, 21, 28 Mar & 4 Apr, 2-4pm



For Parents and their Children after Separation

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with emotional and practical issues of parenting after separation. Explores the impact separation has on your whole family.

5 x 2.5 hour sessions held weekly

\$100

Tuesdays 29 Jan & 5, 12, 19, 26 Feb, 9:30am-12pm

OR

Mondays 25 Feb & 4, 11, 18, 25 Mar, 1-3:30pm

35A CORDEAUX ST, CAMPBELLTOWN

CatholicCare's Families & Communities Program is funded by the Australian Government
Concessions may apply dependent upon financial circumstances

