

# CatholicCare | Strengthening your Relationships

## Nowra Courses - Term 1, 2019

Call us 4254 9395

[enquiries@catholiccare.dow.org.au](mailto:enquiries@catholiccare.dow.org.au)

[www.catholiccare.dow.org.au](http://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

FREE

Wednesdays 30 Jan & 6, 13 Feb, 9:30am-12pm

### 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

FREE

Wednesdays 30 Jan & 6, 13 Feb, 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

FREE

Wednesdays 27 Feb & 6, 13, 20, 27 Mar, 9:30-11:30am

### POPPY SHOALHAVEN PLAYGROUP

#### For Parents (of children 0-5) with mental health issues

A safe environment where parents with mental health issues can spend time with their children. Enjoy play time with your children and participate in a range of emotional and wellbeing workshops.

Sessions held on Fridays during school terms, 10:30am-12:30pm  
68 Shoalhaven St Nowra

FREE

Fridays 8, 22 Feb & 8, 22 Mar & 5 Apr

### 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

FREE

Thursdays 7, 14, 21 & 28 Feb, 12-2pm

### SEASONS FOR GROWTH - ADULTS

#### For all Parents/Carers

Develop skills and knowledge to best support children and young people experiencing family change and loss.

4 x 2.5 hour sessions held weekly

FREE

Thursdays 7, 14, 21, 28 Mar, 10am-12:30pm



## 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

FREE

Wednesdays 27 Feb & 6, 13, 20, 27 Mar, 2-4:30pm

## Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing grief and loss, family & relationship difficulties, stress/anxiety/depression, changes in personal or family situations and pregnancy loss.

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling. *Fees apply.*

## 55 WORRIGEE ST, NOWRA

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

