



### 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

Thursdays 14, 21 & 28 February, 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 29 Jan & 5, 12 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

\$75

Tuesdays 12, 19, 26 Feb & 5, 12 Mar, 2-4pm

OR

Thursdays 14, 21, 28 Mar & 4, 11 Apr, 9:30-11:30am

#### 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

\$60

Tuesdays 19, 26 Mar & 2, 9 Apr, 2-4:30pm

#### 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 21, 28 Mar & 4, 11 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 31 Jan & 7, 14, 21 Feb, 6-8pm



### For Parents and their Children after Separation

#### ROLLERCOASTER

##### For Children post separation

Assists children experiencing change and loss as a result of family separation. Help your children to understand and develop coping strategies.

6 sessions held weekly

\$60 per family

Tuesdays 19, 26 Feb & 5, 12, 19, 26 Mar, 3:30-5pm

#### 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

Thursdays 31 Jan & 7, 21, 28 Feb, 5:30-8pm

OR

Thursdays 14, 21, 28 Mar & 4, 11 Apr, 1:30-4pm