

Strengthening Relationships

Term 4, 2025

For parents and carers

Circle of Security Parenting™ (abbreviated) – 5 x 2 hours weekly / \$75

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Term	Location	Dates	Day	Time
Term 4	Online	23, 30 Oct, 6, 13, 20 November	Thursday	5.30pm – 7.30pm
	Wollongong (Location TBA)	12, 19, 26 Nov, 3, 10 December	Wednesday	10.00am – 12.00pm

Supporting Your Child Experiencing Anxiety – 3 x 2 hours weekly / \$45

Understanding how to support your child through feelings of anxiety can be very challenging. This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage anxiety.

Term	Location	Dates	Day	Time
Term 4	Online	23, 30 October, 6 November	Thursday	10.00am – 12.00pm

123 Magic and Emotion Coaching Inclusive – 3 x 2 hours / F2F 3 x 2 ½ hours / \$45

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple effective strategies to manage the behaviours in a safe and effective way.*This program is inclusive of parents of neurodivergent children and our F2F sessions will be an opportunity for parents with similar experiences to explore and discuss the content together.

Term	Location	Dates	Day	Time
Term 4	Online	2, 9, 16 December	Tuesday	5.30pm – 7.30pm

Bringing Up Great Kids – 4 x 2 hours weekly / \$60

Bringing Up Great Kids promotes and supports respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

Term	Location	Dates	Day	Time
Term 4	Online	24 November, 1, 8, 15 December	Monday	5.30pm – 7.30pm

Bringing Up Great Teens – 4 x 2 hours weekly / \$60

Support your child through this time of development, learn how to stay connected, while giving them the independence they desire, understand the changes they are going through, and how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

Term	Location	Dates	Day	Time
Term 4	Online	19, 26 November, 3, 10 December	Wednesday	10.00am – 12.00pm

For parents after separation

Keeping Kids in Mind – 5 x 2.5 hours weekly / \$150

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

Term	Location	Dates	Day	Time
Term 4	Online	21, 28 Oct, 4, 11, 18 November	Tuesday	10.00am – 12.30pm
	Wollongong	20, 27 Nov, 4, 11, 18 December	Thursday	5.30pm – 8.00pm

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With a special focus

Seeing Red – 5 x 2 hours weekly / \$75

Strong emotions are natural and are felt by everyone. Learn to recognize, communicate and listen to your feelings, as well as the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	22, 29 Oct, 5, 12, 19 November	Wednesday	5.30pm - 7.30pm
Term 4	Nowra	7, 14, 21, 28 Nov, 5 th December	Friday	10.00am - 12.00pm

Black Box Parenting – 5 x 2.5 hours weekly / FREE

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

Term	Location	Dates	Day	Time
Term 4	Campbelltown	21, 28 Oct, 4, 11, 18 November	Tuesday	10.00am - 12.30pm
	Wollongong	22, 29 Oct, 5, 12, 19 November	Wednesday	10.00am - 12.30pm
	Nowra	20, 27 Nov, 4, 11, 18 December	Thursday	10.00am - 12.30pm

My Kids and Me – 7 x 2.5 hours weekly / FREE

The jumble of emotions and processes involved when having a child removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment, to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

Term	Location	Dates	Day	Time
Term 4	Wollongong	28 Oct, 4, 11, 18, 25 Nov, 2, 9 Dec	Tuesday	10.00am - 12.30pm

Seasons for Growth – Adults – 4 x 2.5 hours fortnightly / \$60

Learn about the personal impacts of change, loss, and grief, in a safe and supportive environment. Improve your wellbeing, learn new coping skills to manage how you are feeling and connect with others

Term	Location	Dates	Day	Time
This program is not currently scheduled for term 4, please contact our intake team to express interest in the next available group or to place your name on the waiting list.				

Self Care Session (FREE)

Join a supportive, relaxing environment to explore and discuss the importance of self-care. Spend time discussing areas of self-care, proactive approaches, strategies and achievable ideas, and participate in a self-care activity.

Wollongong	Tuesday 16th Sept	10.00am - 12.00pm
Campbelltown	Wednesday 10th Dec	10.00am - 12.00pm

Family Wellbeing (FREE)

Join a relaxed, informative session on how to nurture the wellbeing of your family. The sessions will cover Family Resilience, Family Values, Family Connection, Family Self Care & Family Mindfulness

Campbelltown	Wednesday 3rd Dec	10.00am - 12.00pm
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Contact us

02 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au

Providing services across the Wollongong Diocese

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Concessions available *GST may apply **Schedule subject to change ***Conditions apply to complete online groups
Please note some groups may have limited availability.

Scan QR code to book intake

