

Strengthening your Relationships

Term 4, 2021

Call us 4254 9395

intakeservice@catholiccare.dow.org.au

www.catholiccare.dow.org.au



For Parents & Carers

CIRCLE OF SECURITY PARENTING™ **ONLINE GROUPS

At some point in time, all parents experience the uncertainty of not knowing what their children need. Imagine what it might feel like if you were able to make sense of what your child was really asking from you? This internationally recognised parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

5 x 2 hour sessions held weekly

\$75

Tuesday: 12, 19, 26 Oct, 2, 9 Nov, 12pm-2pm

Tuesday: 16, 23, 30 Nov, 7, 14 Dec, 5.30pm-7.30pm

NO SCAREDY CATS **ONLINE GROUP

For Parents / Carers of children with anxiety

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 their anxiety.

3 x 2 hour sessions held weekly

\$45

Tuesday: 30 Nov, 7, 14 Dec, 10am-12pm

123 MAGIC & EMOTION COACHING **ONLINE GROUP

Supporting your child through the many challenging behaviours they may display can be difficult. This group will help you understand why the behaviour may be occurring, and simple strategies to manage the behaviours in a safe and effective way.

3 x 2 hour sessions held weekly

\$45

Wednesday: 24 Nov, 1, 8 Dec, 10am-12pm

Please note some groups may have **LIMITED AVAILABILITY**.

All attendees are expected to follow Covid Safe procedures when attending face to face.



FREE WEBINARS

Visit our website to view our on demand webinars

NATIONAL FAMILIES WEEK WEBINAR SERIES

A 5 part webinar series celebrating and supporting National Families Week.

Sessions include: Family Resilience, Family Values, Family Connection, Family Self-Care, Family Mindfulness

*A downloadable document covering the content is also available

KEEPING CALM & CONNECTED—A series of 6 webinars

Let us support you to stay calm and connected. With so much change and uncertainty in our lives, it is important to spend time to stop and reflect, providing an opportunity to refocus, reenergize and reconnect with who we are.

Sessions include: Mindfulness, Mindfulness & Self Care, Mindfulness & Sleep, Mindfulness & Compassion, Mindfulness & Worries, Mindfulness & Gratitude



catholiccare

Always
connected.

CatholicCare's Families & Communities Program is funded by the Australian Government

Concessions available *GST may apply **Schedule subject to change

Please note conditions apply to complete groups online

SCAN HERE TO ACCESS OUR ONLINE INTAKE FORM

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With a Special Focus

SEEING RED - Introduction to managing challenging emotions

For Adults

Strong emotions are natural and are felt by everyone. Learn to recognise, and listen to your feelings, as well as the feelings of those around you. In a supportive group setting, learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

5 x 2 hour sessions held weekly

\$75

CAMPBELLTOWN ONLY - may be moved online or cancelled depending on COVID

Wednesday: 10, 17, 24 Nov, 1, 8 Dec, 10am-12pm

STANDARD MENTAL HEALTH FIRST AID - **BLENDED DELIVERY

Support mental health in your community by learning how to assist other adults who are developing a mental health problem or who are experiencing a mental health crisis. Based on the Mental Health First Aid guidelines this course is suitable for everyone including clinical and frontline staff, teachers, volunteers and the general public.

Blended delivery includes:

Self paced learning to be completed prior to attending 2 x 2 1/2 hr online sessions.

Friday: 3, 10 Dec, 9.30am—12.00pm

ONLINE

\$220



For Parents after Separation

KEEPING KIDS IN MIND **ONLINE GROUPS

For Parents/Carers of children and young people post separation

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. In a supportive group setting, learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

5 x 2.5 hour sessions held weekly

\$150

Monday: 11, 18, 25 Oct, 1, 8 Nov, 10am-12.30pm

Tuesday: 12, 19, 26 Oct, 2, 9 Nov, 10am-12.30pm

Thursday: 18, 25 Nov, 2, 9, 16 Dec, 5.30pm-8pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family and relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations
- trauma

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

Phone or ZOOM (Video) counselling available.



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