

# Family & Individual Group Programs



2026

## For Parents & Carers

### Circle of Security

Every parent feels unsure at times, wondering what their child truly needs. Imagine the confidence of understanding what they're really asking for. The Circle of Security Parenting™ program draws on decades of research to help you nurture a strong, secure bond with your child.

Location	Dates	Time
Online	Thursday: 5, 12, 19, 26 February & 5 March Tuesday: 3, 10, 17, 24, 31 March Tuesday: 28 April & 5, 12, 19, 26 May Monday: 27 July & 3, 10, 17, 24 August Wednesday: 21, 28 October & 4, 11, 18 November Thursday: 12, 19, 26 November & 3, 10 December	10am - 12pm 5.30pm - 7.30pm 5.30pm - 7.30pm 10am - 12pm 10am - 12pm 5.30pm - 7.30pm
Campbelltown	Tuesday: 2, 9, 16, 23, 30 June	10am - 12pm
Nowra	Thursday: 4, 11, 18, 25 June & 2 July	10am - 12pm
Wollongong	Wednesday: 29 July & 5, 12, 19, 26 August	5.30pm - 7.30pm

### Supporting Your Child Experiencing Anxiety

Supporting a child through anxiety can feel overwhelming. This group will help you understand their needs and give you practical ways to encourage and guide them toward managing anxiety effectively.

Location	Dates	Time
Online	Wednesday: 18, 25, March & 1 April Tuesday: 16, 23, 30 June Tuesday: 8, 15, 22 September Thursday: 26 November & 3, 10 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

### 123 Magic and Emotion Coaching Inclusive

Supporting you to understand & implement simple, effective strategies to support your child in managing challenging emotions safely and confidently. Designed to be inclusive of parents of neurodiverse children.

Location	Dates	Time
Online	Wednesday: 18, 25, March & 1 April Monday: 15, 22, 29 June Wednesday: 2, 9, 16 September Wednesday: 25 November & 2, 9 December	10am - 12pm 5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm

### Bringing Up Great Kids

Bringing Up Great Kids helps parents build caring, respectful relationships with their children and encourages a mindful, reflective approach to parenting.

Location	Dates	Time
Online	Tuesday: 10, 17, 24, 31 March Thursday: 11, 18, 25 June & 2 July Thursday: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	10am - 12pm 5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm

### Bringing Up Great Teens

Help your teen navigate this stage with confidence and stay connected while supporting their growing independence. Learn to understand the changes, manage conflict and risk-taking, and keep your relationship strong.

Location	Dates	Time
Online	Tuesday: 10, 17, 24, 31 March Tuesday: 10, 17, 24 June & 1 July Tuesday: 1, 8, 15, 22 September Wednesday: 18, 25 November & 2, 9 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

### Families Living Well in a Digital World

Learn healthy strategies to navigate the digital world while fostering connection, communication, balance, and strong relationships.

Location	Dates	Time
Online	Thursday: 12, 19, 26 March & 2 April Wednesday: 10, 17, 24 June & 1 July Thursday: 3, 10, 17, 24 September Tuesday: 24 November & 1, 8, 15 December	5.30pm - 7.30pm 10am - 12pm 5.30pm - 7.30pm 10am - 12pm

## Post Separation

### Keeping Kids in Mind

Parenting after separation can be tough for you and your child. This program helps you navigate practical and emotional challenges, reduce conflict, and support your child's wellbeing.

Location	Dates	Time
Online	Tuesday: 3, 10, 17, 24 February & 3 March Thursday: 5, 12, 19, 26 March & 2 April Wednesday: 29 April & 6, 13, 20, 27 May Tuesday: 28 July & 4, 11, 18, 25 August Tuesday: 20, 27 October & 3, 10, 17, 24 November	10am - 12.30pm 5.30pm - 8pm 10am - 12.30pm 5.30pm - 8pm 5.30pm - 8pm
Campbelltown	Wednesday: 19, 26 August & 2, 9, 16 September	5.30pm - 8pm
Nowra	Thursday: 19, 26 November & 3, 10, 17 December	2pm - 4pm
Wollongong	Wednesday: 3, 10, 17, 24 June & 1 July	5.30pm - 8pm

### Loving Well

Ready to build healthy, fulfilling relationships after separation? We will help you to spot patterns, set boundaries, communicate with confidence, and strengthen emotional resilience.

Location	Dates	Time
Campbelltown	Wednesday: 29 July, 5, 12, 19 August	10am - 12.30pm
Wollongong	Monday: 9, 16, 23, 30 March Wednesday: 29 April & 6, 13, 20 May Monday: 19, 26 October & 2, 9 November	10am - 12.30pm 10am - 12.30pm 5.30pm - 8pm

### OWL Kids

Providing children experiencing family separation with a safe space to develop their emotional literacy through creative therapy, as well as the opportunity to interact with other children in similar situations.

Dates to be confirmed. Contact to be placed on a waiting list

## With a Special Focus

### My Kids and Me

When a child is removed from your care, the emotions and challenges can feel overwhelming. In this safe, supportive space, we'll reflect together and explore ways to strengthen your connection with your child.

Location	Dates	Time
Campbelltown	Tuesday: 10, 17, 24 February & 3, 10, 17, 24 March Tuesday: 1, 11, 18, 25 August & 1, 8, 15 September	10am - 12.30pm
Wollongong	Tuesday: 5, 12, 19, 26 May & 2, 9, 16 June Tuesday: 27 October, 3, 10, 17, 24 November & 1, 8 December	10am - 12.30pm 10am - 12.30pm

### Black Box Parenting

Discover how past experiences or trauma may shape your parenting. In a safe, non-judgmental space, we'll support your wellbeing and help you strengthen your parenting journey.

Location	Dates	Time
Campbelltown	Wednesday: 4, 11, 18, 25 February & 4 March Tuesday: 28 April & 5, 12, 19, 26 May Tuesday: 20, 27 October & 3, 10, 17 November	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm
Nowra	Thursday: 5, 12, 19, 26 February & 5 March Thursday: 30 July & 6, 13, 20, 27 August	10am - 12.30pm 10am - 12.30pm
Wollongong	Wednesday: 4, 11, 18, 25 February & 4 March Thursday: 30 April & 7, 14, 21, 28 May Tuesday: 28 July & 4, 11, 18, 25 August Wednesday: 21, 28 October & 4, 11, 18 November	10am - 12.30pm 10am - 12.30pm 10am - 12.30pm 5.30pm - 8pm

### Seeing Red

Learn to understand strong emotions and express your feelings and the feelings of those around you in a healthy, respectful ways that strengthen communication and relationships.

Location	Dates	Time
Campbelltown	Wednesday: 29 April & 6, 13, 20, 27 May Wednesday: 21, 28 October & 4, 11, 18 November	5.30pm - 7.30pm 5.30pm - 7.30pm
Nowra	Thursday: 30 April & 7, 14, 21, 28 May Thursday: 22, 29 October & 5, 12, 19 November	10am - 12pm 10am - 12pm
Wollongong	Tuesday: 3, 10, 17, 24 February & 3 March Thursday: 27 August & 3, 10, 17, 24 September	5.30pm - 7.30pm 5.30pm - 7.30pm

### Seasons for Growth

Change, loss, and grief can feel overwhelming. In this safe, supportive space, you'll learn coping skills, improve your wellbeing, and connect with others who understand.

To be scheduled as identified

To find out more about our Courses or to book an intake session please call our intake team on **02 4254 9395**

Email [intakeservice@catholiccare.dow.org.au](mailto:intakeservice@catholiccare.dow.org.au) or scan the QR code below:



Funded by the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

Concessions available \*GST may apply \*\*Schedule subject to change \*\*\* Conditions apply to complete online groups

\*\*\*\* All sessions must be attended