

Strengthening your Relationships Campbelltown Courses - Term 3, 2021

FACE TO FACE & ONLINE



For Parents & Carers

CIRCLE OF SECURITY PARENTING™

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: 20, 27 July, 3, 10, 17 Aug, 10am-12pm

BRINGING UP GREAT KIDS

Promotes and supports respectful, caring, and nurturing relationships between you and your children. In a supportive group setting, you are encouraged to become more reflective and mindful in your parenting approach.

4 x 2 hour sessions held weekly

\$60

Thursday: 22, 29 July, 5, 12 Aug, 10am-12pm **ONLINE Group**

NO SCAREDY CATS

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

Wednesday: 25 Aug, 1, 8 Sep, 10am-12pm **ONLINE Group**

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

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

123 MAGIC & EMOTION COACHING

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

Tuesday: 31 Aug, 7, 14 Sep, 10am-12pm **ONLINE Group**



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 x 1/2hr 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

35A CORDEAUX ST, CAMPBELLTOWN

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

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

catholiccare

Always
connected.

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Call us 4254 9395

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www.catholiccare.dow.org.au



With a Special Focus

BLACK BOX PARENTING

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

6 x 2.5 hour sessions held weekly

FREE

Wednesday: 21, 28 July, 4, 11, 18, 25 Aug, 10am - 12:30pm



For Parents after Separation

KEEPING KIDS IN MIND

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: 19, 26 July, 2, 9, 16 Aug, 5.30pm - 8pm

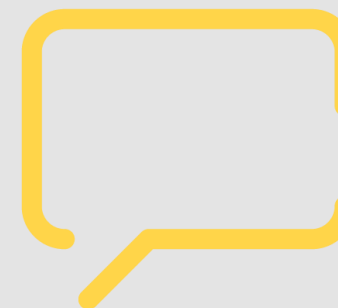
Counselling

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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