

WOLLONGONG TERM 2, 2017

WORKSHOP BOOKINGS: 4227 1122

Workshops are at our Wollongong office 25-27 Auburn Street Wollongong unless otherwise stated.

<p>ROLLERCOASTER (8-12 years) Assisting children who are experiencing change & loss as a result of family separation. Helps children to understand & develop strategies for anger management and problem solving, and understand feelings & emotions.</p> <p>Tuesday afternoons: 4pm - 5pm May 9, 16, 23, 30 June 6, 13, 20 & 27</p> <p>Workshop Fee: \$15 per session</p>	<p>MY KIDS & ME A program for parents who have had their children removed from their care. It explores grief & loss & the impact on parents & children. Helps participants to develop strengths & build support networks.</p> <p>Thursday afternoons: 12 noon - 2:30pm May 18, 25 June 1, 8, 15, 22 & 29</p> <p>Workshop Fee: \$15 per session</p>	<p>CIRCLE OF SECURITY® Parenting™ Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.</p> <p>Thursday evenings: 6pm – 8:30pm June 1, 8, 15, 22 & 29 OR Wednesday mornings: 10am– 12:30pm May 17, 24, 31 May and June 7, 14</p> <p>Workshop Fee: \$15 per session</p>
<p>123 MAGIC AND EMOTION COACHING Learn to be present and consistent as a parent. This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them.</p> <p>Friday mornings: 10am - 12:30pm June 16, 23 & 30</p> <p>OR</p> <p>Thursday evenings: 6pm - 8:30pm June 15, 22 & 29</p> <p>Workshop Fee: \$15 per session</p>	<p>GRASSROOTS PARENTING Toddlers 1 - 2 yrs - Friday morning, 2 June Child development, meeting toddlers needs, tantrums, safety and play</p> <p>Pre-Schoolers 3 - 5 years - Friday morning, 9 June Child development, behaviour and management of routine, rules and boundaries, safety and play</p> <p>10am - 12:30pm</p> <p>Workshop Fee: \$15 per session</p>	<p>KEEPING KIDS IN MIND A post-separation parenting program which helps parents learn how to deal with the emotional & practical issues of parenting after separation. The program helps explore grief & loss & the impact separation has on parents & their children.</p> <p>Tuesday evenings: 6pm – 8:30pm May 9, 16, 23, 30 May & June 6</p> <p>OR</p> <p>Friday mornings: 10am – 12:30pm April 28 & May 5, 12, 19, 26</p> <p>Workshop Fee: \$20 per session</p>
<p>SEEING RED Explores ways for parents to deal with feelings of anger within themselves and their children. Participants will learn to recognise their own feelings and needs and those of others, communicate and listen to these feelings and needs, be assertive & express anger in a more constructive way.</p> <p>Thursday mornings: 10am – 12:30pm April 27 April & May 4, 11</p> <p>Workshop Fee: \$15 per session</p>	<p>STANDARD MENTAL HEALTH FIRST AID (2days) This course teaches adults how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.</p> <p>Thursday 25th May and Thursday 1st June 9:30am - 4:30pm</p> <p>Workshop Fee: \$198 incl manual, lunch both days</p>	 <p><i>Concessions may apply dependent on financial circumstances</i></p>