

NOWRA TERM 3, 2017

WORKSHOP BOOKINGS: 4227 1122

KEEPING KIDS IN MIND

A post-separation parenting program which helps parents learn how to deal with the emotional and practical issues of parenting after separation. The program helps explore grief and loss and the impact separation has on parents and their children.

5 Tuesday **evenings**

6:00pm– 8:30pm

15, 22, 29 August & 5, 12 September

CatholicCare

55 Worrigee Street, Nowra

Workshop Fee: No Fee

POPPY PLAYGROUP

For parents with mental health issues and their children from 0 - 5 years. Parents can enjoy play time with their children and then have discussion time about different parenting issues in a relaxed and supported environment.

5 fortnightly Friday **mornings**

10am - 12:30pm

21 July 4, 18 August & 1, 15 September

CatholicCare

68 Shoalhaven St, Nowra

Workshop Fee: No Fee

Parents should bring a healthy snack/lunch for the child and something for themselves to share with the other parents.

Concessions may apply dependent on financial circumstances

Limited childcare may be available

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.

3 fortnightly Friday **mornings**

10am– 12:30pm

28 July & 11, 25 August

CatholicCare

68 Shoalhaven St, Nowra

Workshop Fee: \$15 per session



Family & Relationship Support - Offering a range of workshops and parenting programs throughout the community to assist adults, children and young people.



*CatholicCare's Family Support Program is funded by
The Australian Government*

www.catholiccare.dow.org.au