

Workshops are at our Nowra office 55 Worrigeer St Nowra, unless otherwise stated

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.

Tuesday **afternoons** for 5 weeks:
 4pm - 6pm
 10, 17, 24, 31 October & 7 November

Workshop Fee: No Fee

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.

Tuesday **mornings** for 3 weeks:
 11am - 1pm
 10, 17 & 24 October

Tuesday **afternoons** for 3 weeks:
 12:30pm - 2:30pm
 14, 21, 28 November

Workshop Fee: \$45*

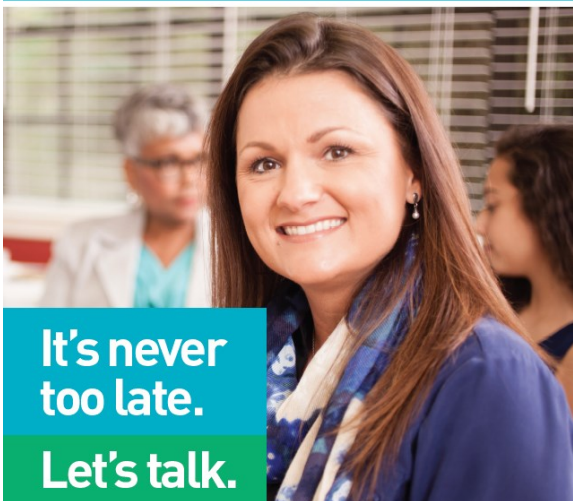
CIRCLE OF SECURITY® Parenting™

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.

Tuesday **mornings** for 5 weeks:
 9:30am - 11:30am
 14, 21, 28 November & 5, 12 December

Workshop Fee: \$75*

COUNSELLING SERVICES



It's never too late.
Let's talk.

If you're experiencing a personal, family or work related matter, all you need to do is make that call.

We'll help you with the rest.

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
 13, 27 October & 10, 24 November & 8 December

Location: 68 Shoalhaven St Nowra


Workshop Fee: No Fee

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

IN-HOME SUPPORT



Your Life, Your Way.

-  Personal Care
-  Meal preparation
-  Social Outings
-  Transport
-  In-home help
-  Shopping

Call us on **4254 9342**
catholiccare.dow.org.au

