

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

### BRINGING UP GREAT KIDS

This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours. Participants will learn mindfulness techniques to increase awareness of thoughts and feelings.

Monday **mornings** for 4 weeks:  
9:30am - 11:30am  
30 October & 6, 13, 20 November

**Workshop Fee: \$50\***

### 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.

Thursday **mornings** for 7 weeks:  
9:30am - 11:30am  
2, 9, 16, 23, 30 November & 7, 14 December

**Workshop Fee: \$100\***

### 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 **afternoons** for 5 weeks:  
1pm - 3pm OR 4pm - 6pm  
31 October & 7, 14, 21, 28 November

**Workshop Fee: \$75\***

### 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.

Tuesday **afternoons** for 3 weeks:  
1pm - 3pm  
10, 17, 24 October  
**Location:** Wollongong Office

Thursday **mornings** for 3 weeks:  
9:30am - 11:30am  
12, 19, 26 October  
**Location:** Stockland Shellharbour Community Room, Lake Entrance Road Shellharbour

**Workshop Fee: \$45\***

### 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:  
9:30am - 11:30am  
10, 17, 24 October  
**Location:** Wollongong Office

3 non-consecutive Monday **mornings**:  
9:30am - 11:30am  
27 November & 4, 18 December  
**Location:** Wollongong Office

Thursday **afternoons** for 3 weeks:  
12:30pm - 2:30pm  
12, 19, 26 October  
**Location:** Stockland Shellharbour Community Room  
Lake Entrance Road Shellharbour

**Workshop Fee: \$45\***

### 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  
31 October, 7, 14, 21, 28 November

Thursday **afternoons** for 5 weeks:  
1pm - 3pm  
2, 9, 16, 23, 30 November

**Workshop Fee: \$100\***

