



### For Parents & Carers

#### 123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12 years

Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours.

3 x 2 hour sessions held weekly

\$45

Wednesdays 14, 21 & 28 Mar, 12-2pm

#### POPPY SHOALHAVEN PLAYGROUP

For Parents (of children 0-5 years) with mental health issues

A safe environment where parents with mental health issues can spend time with their children. Enjoy play time with your children and participate in a range of emotional and wellbeing workshops.

Sessions held during school terms

Free

Fridays 9, 23 Feb & 9, 23 Mar & 6 Apr, 10am-12:30pm

#### KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with the emotional and practical issues of parenting after separation. Explores the impact separation has on you and your whole family.

5 x 2 hour sessions held weekly

Free

Wednesdays 7, 14, 21, 28 Mar & 4 Apr, 4-6pm



### For Children

#### SEASONS FOR GROWTH - YOUNG PEOPLE

For young people aged 13-18 years

Providing an emotional and non-judgemental space for young people dealing with significant life changes.

This group is run on a needs basis within the community. Expressions of interest are welcomed.

### 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

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling.



Your  
Direction



For more information  
Call 4254 9342  
Registered NDIS Provider

## 55 WORRIGEE ST, NOWRA unless otherwise stated

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

Concessions may apply dependent upon financial circumstances