

FREE PROGRAMS FOR PARENTS : **Term 1 2016**

PARENTING MADE EASIER (4 weeks)	<i>This is a four session program for parents and carers of children aged 0 - 12. It will help you understand children's misbehaviours and provide you with strategies to develop emotional resilience, respect, cooperation, and responsibility in your children.</i> Thursday 18th, 25th February, and 10th, 17th March: 9:30 am – 12:00 pm
1,2,3 MAGIC & EMOTION COACHING (3 weeks)	<i>A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours in children. It is also suitable for parents of children who have been diagnosed with Autism Spectrum Disorder (ASD) and Oppositional Defiance Disorder (ODD). The program works equally well as a preventative tool and for early intervention. It is easy to follow and implement; teaching practical strategies to discipline and manage children without arguing, smacking, or yelling within a framework that preserves the dignity of the child and adult.</i> Friday 12th February – 26th February: 9:30 am – 11:30 am Tuesday 1st March – 15th March: 6:30 pm – 8:30 pm Friday 4th March—18th March: 9:30 am – 11:30 am
CIRCLE OF SECURITY PARENTING (6 weeks)	<i>This six session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents and carers of 0 - 10 year old children. Also suitable for parents whose children have severe emotional and behavioural issues.</i> Tuesday 16th February – 22nd March: 9:30 am—12:00 pm
BRINGING UP GREAT KIDS (4 weeks)	<i>A 4 week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.</i> Monday 22nd, 29th February and 7th, 14th March: 9:30 am—12:00 pm
SELF-ESTEEM (4 weeks)	<i>This is a 4 week nurturing program that helps build your self-esteem; increasing your confidence and feeling better about yourself.</i> Thursday 25th February—17th March: 9:30 am—12:00 pm
RELATIONSHIP RESCUE (One Day Course)	<i>This one day program offers an opportunity to explore ways to have a fabulous relationship, to repair a broken relationship, or understand why the relationship isn't working. Relationship include parents, siblings, work associates, partners, spouses, and children.</i> Saturday 12th March: 9:00 am – 4:00 pm
PARENT SUPPORT GROUP	<i>A casual, informal get together for parents to share their experiences and challenges around parenting.</i> Friday 5th, 19th February, and 4th, 18th March: 9:30 - 11:30 am
Child minding is available during all day programs for children aged 0 - 5 years. First child - \$4 and \$1 for every child thereafter. Places are limited and <u>bookings are essential</u>. Fee to be paid prior to commencing program.	
Communities for Children is funded by the Australian Government Department of Social Services. 17/12/15	Note all programs are held at Oxenford & Coomera Youth Centre except where indicated otherwise.

Helpful Phone Numbers

Electricity Loss of Power 13 62 62

Poisons Information Line (24 hours) 131 126

Coomera Police Station 5573 6111

24 Hour Support Services

Alcohol & Drug Information Service

1800 177 833

Dads in Distress 1300 853 437

Domestic Violence 1800 811 811

Family Drug Support 1300 368 186

Kids Help Line 1800 551 800

Men's Line Australia 1300 789 978

Beyond Blue 1300 224 636

Lifeline Crisis Line: 13 11 14

Alcoholics Anonymous 5591 2062

After Hours Doctors Medical Centres

Chevron After Hours Medical Service 5532 8666

Medico Beenleigh 3807 4999

National Home Doctor Service 13 7425
(previously Medcall)

Parenting & Child Support Services

Breastfeeding Helpline 1800 686 686

Child Abuse Prevention Service

1800 688 009

Kidsafe Queensland (Child safety indoors and out. Hire of safety equipment and car capsules)
3854 1829

Pregnancy Helpline 1300 139 313

Child Health Services

Child and Youth Health www.cyh.com

Practical health information for parents, carers and young people.

Child Health Centre

Helensvale 5580 7819

Logan Central 3387 5319

Beenleigh 3827 9833

Coomera Community Child Health 5580 7819

Child Health Line 1800 177 279 or 3862 2333

Rural Fire Services 3202 1444

Cedar Creek 5546 4142

Coomera Valley 5573 3566

Ormeau 5547 5869

Community Partners



You can find us at www.youthcentre.org.au