

FREE PROGRAMS FOR PARENTS **Term 3 2016**

BRINGING UP GREAT KIDS (4 weeks)	<i>A four week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions; and encourage the development of children's positive self-identity.</i> Thursday 25th August – 15th September: 9.30 am - 12.00 noon
1,2,3 MAGIC & EMOTION COACHING (3 weeks) <i>Cofunded by the Mayoress Charity Foundation</i>	<i>A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. Strategies are also suitable for children with ASD or ODD. The program works equally well as a preventative tool and for early intervention. A great framework that preserves the dignity of the child and the adult.</i> Friday 29th July – 12th August: 9.30 am – 11.30 am Friday 2nd – 16th September: 9.30 am - 11.30 am
TUNING IN TO KIDS (6 weeks) <i>Cofunded by the Mayoress Charity Foundation</i>	<i>This six session program teaches parents and carers of 3 – 12 year old children how to become their child's emotion coach. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and severe emotional and behavioural issues.</i> Wednesday 3rd August - 7th September: 9.30 am – 12.00 noon
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 & carers of 0 – 10 yr old children. Also suitable for parents whose children have severe emotional & behavioural issues.</i> Tuesday 26th July – 30th August: 9:30 am – 12:00 noon
ASSERTIVENESS (4 weeks)	<i>This is a four week nurturing program designed to build your self-esteem by supporting you to feel better about yourself, increase your confidence; and help you fulfil your goals in life.</i> Thursday 25th August – 15th September: 9:30 am – 12:30 pm
SELF-ESTEEM (4 weeks)	<i>This is a four session nurturing program that helps build your self-esteem; increasing your confidence and helping you to feel better about yourself.</i> Thursday 28th July – 18th August: 9:30 am – 11:30 am
ANGER MANAGEMENT/ CONFLICT RESOLUTION (4 weeks)	NEW!! <i>A four session program filled with information about anger – what it is, how it impacts on our lives and relationships; and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.</i> Monday 22nd August- 12th September: 9:30 am – 12:00 noon
BABYSITTING TRAINING (5 weeks)	<i>For 12 – 17 year old; this five week course uses a practical and fun approach to babysitting. The course covers interacting with kids, basic first aid, basic child development, and tips on managing difficult behaviours. Afternoon tea is provided.</i> Monday 1st August- 29th August: 3.45 pm – 5.45 pm Helensvale Library & Cultural Centre Corner Lindfield Rd & Sir John Overall Dr, Helensvale P: 5581 1625
<i>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 bookings are essential. Fee to be paid prior to commencing program.</i> COMING SOON: TUNING IN TO TEENS!!!	
Northern Gold Coast Communities for Children is funded by the Australian Government Department of Social Services.	All programs are held at Oxenford and Coomera Community and 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 5519 5555

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

Parenting & Child Support Services

Breastfeeding Helpline 1800 686 268

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.

Community Child Health

Gold Coast 5687 9183

Logan Central 3387 5393

Beenleigh 3827 9833

1300 Health—1343 2584

Rural Fire Services Gold Coast 5587 4101

Coomera Valley 5573 3566

Wasp Creek 5529 7799

Ormeau 0419 662 286

After Hours Doctors & Pharmacy

National Home Doctor Service 13 7425
(previously Medcall)

Pacific Pines Amcal 5573 7722 (Midnight)

Oxenford Amcal 5519 9200 (9 pm)

Hinterland Medical Centre 5578 2199 (9 pm)

Early Years Hubs

Educational interactive playgroups for parents and children 0-5 years.

Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.

- Oxenford
- Upper Coomera
- Coomera

Call 55 298 087 for venues and times

Family Support and Counselling Services

- Relationship issues
- Depression and mood disorders
- Anger management
- Mental Health issues and illness
- Addictions
- Anxiety

Book your appointment on 55 298 087

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