

NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN

Oxenford and Coomera Community and Youth Centre (OCCYC)
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FREE PROGRAMS FOR PARENTS Term 4 2016

PARENTING MADE EASIER (4 weeks)	<i>This is a four session program for parents/ carers of children aged 0 – 12. It will help you understand children's misbehaviours, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children.</i> Thursday 27th October – 17th November: 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. 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 28th October – 11th November: 9.30 am – 11.30 am Friday 18th November – 2nd December: 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/ 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 emotional and behavioural issues.</i> Wednesday 26th October - 30th November: 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 emotional & behavioural issues.</i> Tuesday 25th October – 29th November: 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 3rd – 24th November: 9.30 am – 12.00 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> Monday 7th – 28th November: 9.30 am – 12.00 pm
TUNING IN TO TEENS (6 weeks) NEW!!	<i>This is a six session program designed for parents/carers and educators of preteens and teens aged 10 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent's emotional experience while teaching specific skills that can assist in being supportive, empathic, and staying connected with the young person.</i> Wednesday 26th October – 30th November: 6.00 pm – 8.30 pm
RELATIONSHIP RESCUE (4 weeks)	<i>This four session program offers an opportunity to explore ways to have a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.</i> Tuesday 8th – 29th November: 6.15 pm – 8.45 pm
WHAT WERE WE THINKING (3 weeks) NEW!!	<i>A three session program designed for couples with infants from newborn to 3 months. This program will help build confidence and competence in new parents and support emotional wellbeing, the parental relationship, and the adjustment to this phase of life.</i> Friday 4th – 18th November: 9.30 am – 12.30 pm
BABYSITTING TRAINING (5 weeks)	<i>For 12 – 17 year olds; 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> Thursday 27th October – 24th November : 3.45 pm – 5.45 pm

Child minding is available for a fee- bookings are essential.