

FREE PROGRAMS FOR PARENTS Term 3 2017

Programs are run at the centre unless specified otherwise

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> Monday 7th August – 28th August: 9.30 am - 12.00 noon
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. 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 July – 11th August: 9.30 am – 11.30 am Friday 22nd August – 5th September: 9:30 am -11:30 am @ Helensvale Library A: cnr Lindfield Rd & Sir John Overall Drive Helensvale P: 5581 1625
TUNING IN TO KIDS (6 weeks)	<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> Thursday 3rd August – 7th September 6:00 pm – 8:30 pm @ Koala Kindy 51 Ashford Rd Helensvale
CIRCLE OF SECURITY PARENTING (5 weeks)	<i>This five 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> Wednesday 2nd August – 30th August: 9:30 am – 12:00 noon
ANGER MANAGEMENT AND CONFLICT RESOLUTION (4 weeks)	<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> Wednesday 9th August – 30th August: 6:00 pm – 8:30 pm
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> Friday 18th August – 8th September: 9:30 am – 12:00 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 August – 29th August: 6:15 pm – 8:45 pm

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

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

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)

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

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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