

PARENTING PROGRAMS

Circle of Security

Parenting program—8 weeks

This 8 week attachment based course explores a framework for parents to build their relationship with their child. This is an emotion coaching course for parents.

Location: Brookvale Family Centre,

Time: All groups run from 10-12.30pm

Start date: Friday 10th February 2012



TRIPLE P—POSITIVE PARENTING PROGRAM

Seminar Series – 3 Weeks

Want an overview of positive parenting strategies?

Start date:	Location	Day
7th March '12	Manly West	Wednesdays at 9.45am
7th March '12	Cromer	Wed 7-9pm
8th May '12	Wakehurst	7-9pm
9th May '12	Narrabeen Lakes	Wednesdays at 9.15am

These Triple P seminars provide practical answers to everyday parenting concerns. Small changes can make a big difference!

Wk 1: The power of positive parenting

Wk 2: Raising confident, competent children

Wk 3: Raising resilient children

Age Group: 2-12 years old

Triple P—Group work Program – 8 Weeks

This comprehensive Triple P program teaches you how to manage your child's behaviour and emotions, develop the skills your child needs to do well in life and take care of yourself as a parent.

Wk 1– 4: Group work sessions

Wk 5–7: Telephone consultations

Wk 8: Final group work session

Age Group: 2-12 years old

Location: Brookvale Family Centre,

Time: 10am-12.30pm (morning sessions)

7-9pm (evening sessions)

Start date:	End Date	Day:
15 Feb 2012	28th March	Wednesdays 10-12.30pm
2nd May 2012	20th June 2012	Wednesdays 10-12.30pm

Stepping Stones Triple P Group work Program—9 weeks

This program is for **parents of children with a disability**. It is a practical course on how to manage behaviour of children with a disability.

Wk 1– 5: Group work sessions

Wk 6-7: Telephone consultations

Wk 8: Final group work session

Location: Brookvale Family Centre,

Time: All groups run from 10-12.30pm

Start date: Wednesday 4th May 2012



DADS ONLY TRIPLE P Seminar Series – 3 Weeks

Triple P seminar series for dads. Facilitated by a male worker, this 3 week program aims to offer parenting strategies for dads. Food provided for this program

Location: Dee Why Public School

Time: 7-9pm (Food served at 6.30pm)

Start Date: 9th May 2012



SING AND GROW

In cooperation with Dee Why SAAC

Sing and grow is a 6 week music therapy program, aimed at strengthening and/or developing; Parent-child interactions, Parent confidence and knowledge, Social connectedness and Child development outcomes

Location: Dee Why

Time: 9.30-11.30am weekly

Start Date: 20th Feb 2012

123 MAGIC & Emotion Coaching -

Seminar Series—3 weeks

In cooperation with Dee Why SAAC

This parenting program is a 3-week course and aims to assist parents of 2-10 year olds to discipline without the stress and shouting. Lessen your feelings of frustration and learn how to get your kids to start doing what you want them to do.



Start date:	End Date	Where	Day
2nd March	16th March	Dee Why	Fridays 9.30—11.30am
14th May	28th May	Dee Why	Mondays 9.30-11.30am

BRINGING BABY HOME

The Bringing Baby Home program is research based and focuses on strengthening both the couples relationship and the parent-infant relationship during this important time of transition to parenthood. This is for any couples having their first child or who have a child under 12 months of age. Both parents must attend the course on both days.

Location: Chatswood

Dates: 24 & 25 March 2012

23 & 24 June 2012

For more information contact Ros on 02 9488 2531

Grief and Loss

SEASONS FOR GROWTH, Adult Program—4 weeks

Everyone experiences loss and change in their lives. It may be through death, separation, divorce, loss of home, job, dreams or lifestyle.

Seasons for Growth provides a sound framework and a safe learning environment for adults to think about and understand their own loss experiences. Men and women are supported through presentations and a reflective group process which provides skills to assist with the journey through the seasons of grief.

Start date:	Day:	Location	Time
23rd May 2012	Wednesdays	Brookvale	7-9.15pm



PARENTING AFTER SEPARATION

WHAT ABOUT THE KIDS—Single Seminar

A pre-Family Dispute Resolution session for fathers and mothers who have separated. Explains the effects of separation and conflict on children.

Date	Time	Date	Time
Wed 31/1/2012	5.30pm	Wed 25/4/12	5.30pm
Wed 22/2/12	9.30am	Tue 15/5/2012	9.30am
Wed 14/3/2012	5.30pm	Tue 19/6/2012	5.30pm
Tue 3/4/2012	9.30am		

KEEPING KIDS IN MIND (KKIM)



A five week course for any parent experiencing on-going conflict post separation. Recommended by both the Family and Federal Magistrates Court. This course covers;

Wk 1: Grief & Loss after separation.

Wk 2: The hidden world of children.

Wk 3: Building resilience.

Wk 4: Skills in communication & conflict resolution

Wk 5: Moving forward.

Location : Brookvale Family Centre

Time: 6-8.30pm

Start dates: 21st Feb '12 (term 1) and 15th May '12 (Term 2)

Cost: \$75 per person

HEY MUM! Parenting After Separation

This 6 week group program for Mums covers the impact of separation on themselves and their children.

Topics include:

Experiences of separated mothers; Looking after yourself; Understanding children's needs, feelings and behaviour; Building children's self esteem & resilience; Styles of parenting after separation; Positive Parenting Strategies; Moving forward toward change.

Location: Brookvale Family Centre

Start Date: 14th February 2012

Time: 10am—12.30pm

Cost: \$90 per person

STEPS: Building resilient stepchildren



This 4 week program for couples includes:

The stepfamily context; Children's experience of stepfamily life; Building children's resilience; Parenting roles and challenges; Developing boundaries; Effective communication; Managing conflict; New traditions.

Start Date: 1st May 2012

Time: 10am -12.30pm

Location: Brookvale Family Centre

Cost: \$60 per person

Unless otherwise specified, to book contact the Brookvale Family Centre on 02 8968 5100 or by e-mailing brookvale.reception@dbb.org.au

RELATIONSHIP ENHANCEMENT

COUPLE TALK—2 Weeks

Guarded, hostile or ineffective communication styles can disable relationships. Assertiveness is about maintaining your own rights without disrespecting the other person's rights. Learn the verbal skills to ask for what you want, say no when you need to and express your feelings. This workshop series assists couples in relationship to build and sustain meaningful relationships.

Location: Brookvale

Time: 10am -12.30pm

Date: Tuesday 5th/12th June 2012

Cost: \$25.00 per person

CONFLICT COMMUNICATION COACHING—2 Weeks

Conflict is inevitable in all relationships at times. These workshops give participants an understanding of conflict whilst exploring creative strategies for managing it so that relationships are strengthened.

Location: Brookvale

Time: 10am -12.30pm

Date: Tuesday 19th/26th June 2012

Cost: \$25.00 per person

KIDS GROUPS

COOL KIDS—Coping with Children's Anxiety

This group program is for parents and their children to help them better manage children's anxiety. This well researched program from Macquarie University Emotional Health Clinic aims to provide strategies to parents and children to understand and deal more effectively with anxiety in all its forms.

Location: Brookvale Family Centre

Time: Evening group from 6-8pm
for parents & children

Date: 20th February 2012

Cost: \$100 per family (includes workbooks)

SIBLINGS & YOUNG CARERS

Volume 2012!

This 3 day school holiday peer group support for children who have either a sibling with a disability or a parent with a disability. This group will allow siblings and young carers to resolve emotions and feelings relating to their caring role. This course is free to all participants however places are limited.

Location: Dee Why

Times: 9.30-4pm

Week 1 Tuesday 10th—Thursday 12th April 2012

Week 2 Tuesday 17th—Thursday 19th April 2012

GROUPS / SEMINARS ALSO RUNNING

NO DATES SET AT TIME OF PUBLISHING:

Hey Dad for Separated Fathers

This 6 week group program explores what it is to be a dad after separation including the impact on children, communication, emotions, child development and self esteem

REALISTIC BEHAVIOUR MANAGEMENT COURSE

This 4 week program is designed to offer strategies for parents who struggle with their child's behaviour on a daily basis – and will be particularly helpful for parents of children with, or suspected of having ADHD, ODD or Autism.



Brookvale Family Centre

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All donations over \$2 are tax deductible



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brookvale.reception@dbb.org.au



Centacare
Broken Bay

Jan—June 2012 Groups & Seminars



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