

Family Support Program

Groups 2016 Terms 1 & 2

Parenting Programs

Bringing up Great Kids

Bringing up Great Kids is a reflective parenting program developed by the Australian Childhood Foundation

- Building supportive parent-child relationships
- Exploring messages and beliefs we bring to our experience of parenting
- Understanding the world through our children's eyes

February	Saturday	13 th & 20 th	9.30am – 1.30pm	<i>\$85 or \$45 with concession</i>
May	Tuesday	3 rd & 10 th	9.30am – 1.30pm	

Tuning in to Kids

An evidenced based parenting program focused on raising emotionally intelligent children through:

- Understanding the impact of emotions on behaviour
- Identifying and understanding your own emotions
- Enhancing emotional connection within your family

March	Tuesday	1 st & 8 th	9.30am – 1.30pm	<i>\$85 or \$45 with concession</i>
May	Saturday	21 st & 28 th	9.30am – 1.30pm	

Parenting Skills

- Managing challenging parenting moments
- Keeping cool when the kids heat up
- Choosing when to accept, prevent or influence children's difficult behaviour

February	Tuesday	16 th	9.30am – 1.30pm	<i>\$45 or \$25 with concession</i>
March	Tuesday	22 nd	9.30am – 1.30pm	
April	Tuesday	19 th	9.30am – 1.30pm	
May	Tuesday	17 th	9.30am – 1.30pm	
June	Tuesday	21 st	9.30am – 1.30pm	

We can come to you!

Our groups can be conducted within community and school settings and can be adapted to suit your community's specific needs

Transition to Prep

Supporting parent's as they support their child's transition
1 hour

Transition to Secondary

Supporting parent's as they support their child's transition
1 hour

Drum workshop

Using rhythm to reduce tension, stress and anxiety
1 hour

Learning to Bloom

Staying in touch with your strengths - a program especially for women
6 hours

ESSENCE

Increasing awareness of the mind/body connection to reduce stress
6 hours

DRUMBEAT

Promoting social connection through a team drumming experience
10 x 1.5 hour sessions

Mindfulness Practice

Managing stress and strong emotions
4 hours

**These programs also run onsite – individuals are invited to enquire*

For more information about accessing these services please call

Phone: (03) 5327 7960, or the Family Relationship Centre on 1300 303 988

Email: ballaratfrc@centacareballarat.org.au

All groups will be held at the Family Relationship Centre 34 Peel Street North Ballarat