

Family Support Program

Groups 2017 Terms 1 & 2

Parenting Programs

Parenting Skills (2 week program)

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

May Tuesday 9th & 16th 10 – 12 *\$40 or \$20 with concession*

Bringing up Great Kids (4 week program)

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

March Tuesday 7th – 28th 10 - 12 *\$80 or \$40 with concession*

June Wednesday 7th – 28th 6 – 8pm *\$80 or \$40 with concession*

Tuning in to Teens (2 week program)

- How to raise emotionally intelligent children
- Connecting, accepting and understanding your teen
- Emotion coaching worry, sadness and anger in teens

June Saturday 17th & 24th 10 – 2 *\$80 or \$40 with concession*

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 parents as they support their child's transition
1 hour

Transition to Secondary

Supporting parents 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