

# Family Support Program

## Groups 2020 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 behavior

Term 1	Monday	17 <sup>th</sup> & 24 <sup>th</sup> February	1– 3pm	\$40 or \$20 with concession
Term 2	Monday	11 <sup>th</sup> & 18 <sup>th</sup> May	1 - 3pm	\$40 or \$20 with concession

#### Bringing up Great Kids (3 week program)

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

Term 1	Wednesday	4 <sup>th</sup> – 18 <sup>th</sup> March	1 – 3 pm	\$80 or \$40 with concession
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#### Tuning in to Teens (3 weekday program) (2 weekend program)

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

Term 1	Wednesday	12 <sup>th</sup> – 26 <sup>th</sup> February	6 – 8pm	\$80 or \$40 with concession
Term 2	Saturday	16 <sup>th</sup> – 23 <sup>rd</sup> May	10am – 2pm	\$80 or \$40 with concession

#### Tuning in to Kids (3 week program)

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

Term 2	Wednesday	10 <sup>th</sup> – 24 <sup>th</sup> June	10am - 12pm	\$80 or \$40 with concession
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**We are also gathering expression of interest before running the following groups – *Please contact if you are interested in enrolling***

### **My Kids & Me (7 week program)**

Strengthening relationships with your kids in care

- Developing insight and strategies; how to rebuild the relationship with your children who are in care.
- Opportunity to present your own story in a self-reflective group environment.

### **Yours, Mine and Ours (2 Week program)**

A two week program for parents and individuals living in a blended family.

- Strengthen family bonds
- Raise awareness of the needs of children living in a blended family
- Discuss creative approaches to negotiating relationship issues between the couple and children

## We can come to you!

Our groups can be conducted within community and school settings to suit your community's specific needs, for example location.

### Drum Workshop

*Using rhythm to reduce tension, stress and anxiety*

1 hour

### Parenting Programs

*Any of the above listed programs can be offered*

### Self-awareness Programs

*Any of the above listed programs can be offered*

### Tailored Programs & Presentations

*We can tailor and adapt our programs or create programs for your group's needs and objectives. For further discussion on how we can adapt our programs for your needs please contact us.*

## 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](mailto:ballaratfrc@centacareballarat.org.au)

All scheduled groups will be held at the Family Relationship Centre, 34 Peel Street North Ballarat, unless otherwise stated.