

CatholicCare Courses 2018

Strengthening your Relationships

Call us 4254 9316
enquiries@catholiccare.dow.org.au



For Parents & Carers

CIRCLE OF SECURITY® PARENTING™

For Parents/Carers of children aged 0-5 years

A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly **\$75**

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Tuesdays 6, 13, 20, 27 Feb & 6 Mar 4-6pm OR Thursdays 8, 15, 22 Feb & 1, 8 Mar 9:30-11:30am	Mondays 7, 14, 21, 28 Mar & 4 Jun 9:30-11:30am OR Tuesdays 5, 12, 19, 26 Jun & 3 Jul 4-6pm	Tuesdays 7, 14, 21, 28 Aug & 4 Sep 4-6pm OR Thursdays 23, 30 Oct & 6, 13, 20 Nov 4-6pm	Mondays 22, 29 Oct & 5, 12, 19 Nov 1-3pm OR Tuesdays 23, 30 Oct & 6, 13, 20 Nov 4-6pm
Wollongong	Tuesdays 6, 13, 20, 27 Feb & 6 Mar 1-3pm OR Thursdays 15, 22, 29 Mar & 5, 12 Apr 4-6pm	Thursdays 7, 14, 21, 28 Jun & 5 July 1-3pm	Thursdays 30 Aug & 6, 13, 20, 27 Sep 1-3pm OR Thursdays 8, 15, 22, 29 Nov & 6 Dec 1-3pm	Tuesdays 23, 30 Oct & 6, 13, 20 Nov 4-6pm OR Thursdays 27 Nov & 4, 11 Dec 1-3pm
Nowra			Wednesdays 22, 29 Aug & 5, 12, 19 Sep 1-3pm	Wednesdays 24, 31 Oct & 7, 21, 28 Nov 1-3pm

BRINGING UP GREAT KIDS

For Parents/Carers of children aged 2-10 years

Reflect on your own parenting style and develop strategies to support your child whilst taking care of yourself. Designed to promote positive and respectful parent-child relationships.

4 x 2 hour sessions held weekly **\$50**

	Term 1	Term 2	Term 3	Term 4
Wollongong		Tuesdays 12, 19, 26 Jun & 3 Jul 1-3pm		
Nowra			Wednesdays 25 Jul, 1, 8 & 15 Aug 12-2pm	

BRINGING UP GREAT TEENS

For Parents/Carers of adolescents aged 12-17 years

Learn to promote positive and respectful parent-teen relationships. Focus on the big issues and challenges when managing conflict and connecting with teens.

4 x 2 hour sessions held weekly **\$50**

	Term 1	Term 2	Term 3	Term 4
Wollongong	Thursdays 8, 15, 22 Feb & 1 Mar 1-3pm			Thursdays 11, 18, 25 Oct & 1 Nov 1-3pm

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with the emotional and practical issues of parenting after separation. Explores the impact separation has on your whole family.

5 x 2 hour sessions held weekly **\$100**

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Tuesdays 6, 13, 20, 27 Feb & 6 Mar 4-6pm OR Thursdays 15, 22, 29 Mar & 5, 12 Apr 9:30-11:30am	Mondays 7, 14, 21, 28 Mar & 4 Jun 1-3pm OR Tuesdays 5, 12, 19, 26 Jun & 3 Jul 4-6pm	Tuesdays 7, 14, 21, 28 Aug & 4 Sep 4-6pm OR Thursdays 23, 30 Aug & 6, 13, 20 Sep 9:30-11:30am	Mondays 22, 29 Oct & 5, 12, 19 Nov 1-3pm OR Tuesdays 23, 30 Oct & 6, 13, 20 Nov 4-6pm
Wollongong	Tuesdays 6, 13, 20, 27 Feb & 6 Mar 4-6pm OR Thursdays 15, 22, 29 Mar & 5, 12 Apr 9:30-11:30am	Tuesdays 1, 8, 15, 22 & 29 May 4-6pm OR Thursdays 7, 14, 21, 28 Jun & 5 Jul 9:30-11:30am	Tuesdays 31 Jul & 7, 14, 21, 28 Aug 4-6pm OR Thursdays 30 Aug & 6, 13, 20, 27 Sep 9:30-11:30am	Tuesdays 23, 30 Oct & 6, 13, 20 Nov 4-6pm OR Thursdays 8, 15, 22, 29 Nov & 6 Dec 9:30-11:30am
Nowra	Wednesdays 7, 14, 21, 28 Mar & 4 Apr 4-6pm	Wednesdays 2, 9, 16, 23 May & 6 Jun 4-6pm	Wednesdays 15, 22, 29 Aug & 5, 12 Sep 4-6pm	Wednesdays 24, 31 Oct & 7, 21, 28 Nov 9:30-11:30am

MY KIDS & ME

For Parents who have had their children removed from their care

Parents explore grief and loss and its impact on children and the family. Assists parents develop strengths and build support networks.

7 x 2 hour sessions held weekly **\$100**

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Tuesday 6, 13, 20, 27 Feb & 6, 13, 20 Mar 11am-1pm	Tuesdays 8, 15, 22, 29 Mar & 5, 12, 19 Jun 11am-1pm	Tuesdays 7, 14, 21, 28 Aug & 4, 11, 18 Sep 11am-1pm	Tuesdays 23, 30 Oct & 6, 13, 20, 27 Nov & 4 Dec 11am-1pm
Wollongong		Tuesdays 1, 8, 15, 22, 29 May & 5, 12 Jun 9:30-11:30am	Tuesdays 31 July & 7, 14, 21, 28 Aug & 4, 11 Sep 9:30-11:30am	

POPPY PLAYGROUP NOWRA

For Parents (of children 0-5 years) with mental health issues

A safe environment where parents with mental health issues can spend time with their children. Enjoy play time with your children and participate in a range of emotional and wellbeing workshops.

Sessions held on Fridays during school terms
68 Shoalhaven St, Nowra **Free**

	Term 1	Term 2	Term 3	Term 4
Nowra	Fridays 9 & 23 Feb 9 & 23 Mar 6 Apr 10am-12:30pm	Fridays 4 & 18 May 1, 15 & 29 Jun 10am-12:30pm	Fridays 27 Jul 10 & 24 Aug 7 & 21 Sep 10am-12:30pm	

SEEING RED - Introduction to managing challenging emotions

For all Parents/Carers

Anger is a natural emotion that is felt by everyone. Controlling feelings of anger can be tricky. Learn to recognise, communicate and listen to your feelings and learn to express anger in a constructive way.

3 x 2 hour sessions held weekly **\$45**

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Mondays 12, 19, 26 Mar 1-3pm OR Wednesdays 21, 28 Mar & 4 Apr 9:30-11:30am	Thursdays 7, 14, 21 Jun 9:30-11:30am OR Mondays 18, 25 Jun & 2 Jul 1-3pm	Wednesdays 1, 8, 15 Aug 9:30-11:30am OR Tuesdays 2, 9, 16 Aug 11-1pm	Mondays 26 Nov & 3, 10 Dec 1-3pm
Wollongong	Thursdays 8, 15, 22 Feb 9:30-11:30am	Tuesdays 19, 26 Jun & 3 Jul 4-6pm	Thursdays 30 Aug & 6, 13, 20, 27 Sep 9:30-11:30am	Thursdays 18, 25 Oct & 1 Nov 9:30-11:30am OR Tuesdays 27 Nov & 4, 11 Dec 1-3pm
Nowra		Wednesdays 9, 16 & 23 May 1-3pm		

123 MAGIC & EMOTION COACHING

For Parents/Carers of children aged 2-12 years

Learn to be present and consistent as a parent. Provides a structured approach to managing your child's challenging behaviours.

3 x 2 hour sessions held weekly **\$45**

	Term 1	Term 2	Term 3	Term 4
Campbelltown	Tuesdays 27 Mar, 3 & 10 Apr 9:30-11:30am	Wednesdays 9, 16 & 23 May 9:30-11:30am	Thursdays 2, 9 & 16 August 9:30-11:30am	Wednesdays 21, 28 Nov & 5 Dec 9:30-11:30am
Wollongong	Thursdays 8, 15 & 22 Feb 4-6pm	Tuesdays 19, 26 Jun & 3 Jul 9:30-11:30am	Thursdays 2, 9 & 16 Aug 4-6pm OR Tuesdays 27 Nov, 4 & 11 Dec 9:30-11:30am	
Nowra	Wednesdays 14, 21 & 28 Mar 12-2pm	Wednesdays 13, 20 & 27 Jun 9:30-11:30am		

SEASONS FOR GROWTH - PARENTING

For Parents/Carers of children aged 6-18 years

Develop skills and knowledge to best support children and young people experiencing family change and loss.

2 x 2 hour sessions held weekly **\$30**

	Term 1	Term 2	Term 3	Term 4
Campbelltown		Thursdays 28 Jun & 5 Jul 9:30-11:30am		Thursdays 6 & 13 Dec 9:30-11:30am



For Children

ROLLERCOASTER

For Children aged 9-12 years

Assists children experiencing change and loss as a result of family separation. Help your children to understand and develop coping strategies.

6 x 1.5 hour sessions held weekly
Wollongong only **\$60 per family**

	Term 1	Term 2	Term 3	Term 4
Wollongong		Mondays 7, 14, 21, 28 Mar & 4, 18 Jun 3:30-5pm		Mondays 22, 29 Oct & 5, 12, 19, 26 Nov 3:30-5pm

SEASONS FOR GROWTH - YOUNG PEOPLE

For young people aged 13-18 years

Providing an emotional and non-judgemental space for young people dealing with significant life changes.

This group is run on a needs basis within the community. Expressions of interest are welcomed.



With a Special Focus

YOUTH MENTAL HEALTH FIRST AID (YMHFA)

For Adults

Teaches adults how to provide initial support to youth experiencing a mental illness or are in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behaviour disorders and eating disorders.

2 days held over 2 weeks (14 hour program) **\$198 incl GST**

	Term 1	Term 2	Term 3	Term 4
Campbelltown		Fridays 22 & 29 Jun 9am-4:30pm		Fridays 26 Oct & 2 Nov 9am-4:30pm
Wollongong	Fridays 16 & 23 Mar 9am-4:30pm		Fridays 21 & 28 Sep 9am-4:30pm	
Nowra				Fridays 16 & 23 Nov 9am-4:30pm

SEASONS FOR GROWTH - ADULTS

For Adults

Builds resistance and promotes the social and emotional wellbeing of adults as they adapt to change and loss in their lives. This may include death, separation or divorce, unemployment or other major loss experiences.

4 x 2 hour sessions held weekly **\$60**

	Term 1	Term 2	Term 3	Term 4
Wollongong	Tuesdays 13, 20, 27 Mar & 3 Apr 9:30-11:30am		Tuesdays 4, 11, 18 & 25 Sep 1-3pm	



Marriage & Couples

PREPARE

For couples preparing for marriage

Individuals respond to an online questionnaire then couples meet with an experienced facilitator for feedback and discussion. Prepare assists couples to identify their strengths and the areas that may need to work on in their relationship.

1 home based session plus two 1.5 hour sessions at our office
By appointment **\$350**

PARTNERSHIP

For couples preparing for marriage

Takes place in a relaxed, informal and fun group setting and is designed to provide couples with time to reflect and discuss topics like: what makes a good relationship; Spirituality/Christian marriage; roles and expectations; family influences; communication; problem solving; dealing with difference; intimacy; sexuality; growth in relationships; responsible parenting; attitudes to money.

\$300

Wollongong			
Wednesday evening	7, 14, 21 March		6:30pm - 9:30pm
Friday evening & Saturday with (Lunch provided)	6 April 7 April		6:30pm - 9:30pm 9:30am - 4:30pm
Wednesday evening Saturday (lunch provided)	4 July 7 July		6:30pm - 9:30pm 9:30am - 4:30pm
Wednesday evening Saturday (lunch provided)	17 October 20 October		6:30pm - 9:30pm 9:30am - 4:30pm
Wednesday evening	21, 28 November & 5 December		6:30pm - 9:30pm

Campbelltown			
Monday	5, 12, 19 February		6:30pm - 9:30pm
Monday	7, 14, 21 May		6:30pm - 9:30pm
Monday	6, 13, 20 August		6:30pm - 9:30pm
Monday	15, 22, 29 October		6:30pm - 9:30pm
Monday	12, 19, 26 November		6:30pm - 9:30pm

Counselling

CatholicCare's affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- family & relationship difficulties
- stress/anxiety/depression
- changes in personal or family situations

Our skilled and compassionate counsellors are qualified professionals experienced in couple, family and individual counselling

CatholicCare's Families & Communities Program is funded by the Australian Government. We support everyone, regardless of religious beliefs. Concessions apply, dependent on financial circumstances.

We acknowledge and pay respect to traditional owners of this land and elders, past, present and future.