

Strengthening Relationships

WOLLONGONG & ONLINE COURSES | TERM 4, 2023

Call us 4254 9395
intakeservice@catholiccare.dow.org.au
www.catholiccare.dow.org.au
Scan here to access your online intake form →



FOR PARENTS & CARERS

Circle of Security Parenting™ Abbreviated

All parents have moments of not knowing what their child needs from them. Circle of Security Parenting™, based on decades of research into secure parent-child relationships, helps parents and carers make sense of what your child is really asking from you.

5 x 2 hour sessions held weekly *ONLINE

Tuesday, 5.30pm-7.30pm: 17, 24, 31 October, 7, 14 November

Thursday, 10am-12pm: 16, 23, 30 November, 7, 14 December

\$75

Supporting Your Child Experiencing Anxiety

This group will help you understand more about your child's needs and how you can support and encourage your child to effectively manage their anxiety.

3 x 2 hour sessions held weekly *ONLINE

Thursday, 10am-12pm: 19, 26 October, 2 November

\$45

123 Magic & Emotion Coaching

Supporting your child through challenging behaviours can be difficult and exhausting. This program will help you understand why it's occurring and provide simple strategies to manage the behaviours in a safe and effective way.

3 x 2 hour sessions held weekly *ONLINE

Wednesday, 10am-12pm: 22, 29 November, 6 December

\$45

Bringing Up Great Kids

Bringing Up Great Kids promotes respectful, caring, and nurturing relationships between parents and their children. Parents are encouraged to become more reflective and mindful in their parenting approach.

4 x 2 hour sessions held weekly *ONLINE

Thursday, 5.30pm-7.30pm: 19, 26 October, 2, 9 November

\$60

Bringing Up Great Teens

Support your child through the adolescent years: staying connected whilst giving them the independence they desire, how to manage conflict and risk taking behaviour, while maintaining a positive relationship.

4 x 2 hour sessions held weekly - *ONLINE

Tuesday, 10am-12pm: 21, 28 November, 5, 12 December

\$60



FREE RECORDED WEBINARS

NATIONAL FAMILIES WEEK SERIES

Webinars include:

Family Resilience, Family Values, Family Connection, Family Self-Care, Family Mindfulness

*A downloadable document is also available

KEEPING CALM & CONNECTED MINDFULNESS

An opportunity to refocus, reenergize and reconnect with who we are.

Sessions include: Mindfulness, Mindfulness & Self Care, Mindfulness & Sleep, Mindfulness & Compassion, Mindfulness & Worries, Mindfulness & Gratitude

25-27 AUBURN ST, WOLLONGONG

CatholicCare's Families & Communities Program is funded by the Australian Government
Concessions available *GST may apply **Schedule subject to change ***Conditions apply to complete online groups
Please note some groups may have LIMITED AVAILABILITY.
All attendees are expected to follow Covid Safe procedures when attending face to face.

Always
connected.

catholiccare

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WITH A SPECIAL FOCUS

SEEING RED - Introduction to managing challenging emotions

Strong emotions are natural. Learn to recognize, communicate and listen to your feelings and the feelings of those around you. Learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

This program is currently not scheduled for term 4.

Please contact us for the next available dates or to be placed on the waiting list.

\$75

Black Box Parenting

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

5 x 2.5 hour sessions held weekly

Wednesday, 10am-12.30pm: 18, 25 Oct, 1, 8, 15 November

FREE

My Kids and Me

The emotions and processes involved when a child is removed from your care can be hard to understand, manage and navigate. Join us in a safe, supportive environment to discuss and reflect on these challenges and learn strategies to strengthen the relationship with your child.

7 x 2.5 hour sessions held weekly

Tuesday, 10.am-12.30pm: 31 Oct, 7, 14, 21, 28 Nov, 5, 12 Dec

FREE



FOR PARENTS AFTER SEPARATION

Keeping Kids in Mind

Parenting after separation can be difficult for both you and your child. Witnessing ongoing conflict can have a negative impact on a child's development. Learn how to support your child and deal with both the practical and emotional challenges of parenting after separation.

5 x 2.5 hour sessions held weekly

Wednesday, 10am-12.30pm: 18, 25 Oct, 1, 8, 15 November *ONLINE

Thursday, 5.30pm-8pm: 16, 23, 30 November, 7, 14 December

\$150

Counselling

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

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



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

Phone or ZOOM (Video) counselling available.

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