

OUTREACH

**OUTREACH PARENTING EDUCATION
PROGRAMS ARE HELD THROUGHOUT THE
YEAR IN MOREE, NARRABRI AND GUNNEDAH.**

**PLEASE CONTACT OUR TAMWORTH OFFICE
FOR DETAILS REGARDING FURTHER
INFORMATION AND UPDATES**

**“Just 4 Dads” A 4 X 2½ hour session *FREE*
parenting group for men...**

“Just 4 Dads” covers the most important tips and information on getting closer to your children, making sure they have a positive sense of self, understanding what kids need as they grow up, and helping you achieve a work/home life balance.

WHEN: OCTOBER 10th - 17th - 24th - 31st 2018

TIME : WEDNESDAYS 9:30AM to 12NOON



CONTACT DETAILS

Tamworth Office
V Guy Kable Building
201 Marius Street, Tamworth
Phone : (02) 6762 9200
Email: frcadmin@centacarenenw.com.au



Armidale Office
3/150 Rusden Street, Armidale
Phone: 02 6738 7200
Email: armidale@centacarenenw.com.au



*Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices in **Moree, Narrabri, Walgett** and **Inverell**. Please contact our Armidale or Tamworth team for more information.*

***Dates and times are subject to change.
Courses may be cancelled prior to start date due to
insufficient registrations.***

Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



FAMILY
RELATIONSHIP CENTRE
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

How can we help your family?

**June
July
August
2018**

**program guide for
Tamworth**



Free call - 1800 372 826



Centacare
New England North West
Rural Resilience

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE
All programs and services are **FREE** or attract a nominal fee.

Centacare and the Family Relationship Centre are here to help you strengthen family relationships; help families stay together; and assist families through separation.

Courses for separated parents

BUILDING CONNECTIONS - FREE

This one 3 hour program aims to help separated parents have healthy and strong relationships with their children.

The pre-mediation program covers:

- * ways of communicating with the other parent
- * the impact of separation and conflict on children,
- * setting goals for future parenting
- * the support services available to you.

June 2018

Mon	4 th	5:30PM to 8:30PM
Wed	13 th	12:30PM to 3:30PM
Thu	7 th	9:30AM to 12:30PM

July 2018

Mon	2 nd	5:30PM to 8:30PM
Wed	11 th	12:30PM to 3:30PM
Thu	5 th	9:30AM to 12:30PM

August 2018

Mon	6 th	5:30PM to 8:30PM
Wed	8 th	12:30PM to 3:30PM
Thu	2 nd	9:30AM to 12:30PM

September 2018

Mon	3 rd	5:30PM to 8:30PM
Wed	12 th	12:30PM to 3:30PM
Thu	6 th	9:30AM to 12:30PM

KEEPING KIDS IN MIND!

Fees Apply

Keeping Kids in Mind (KKIM) is a 5 week accredited course designed to help separated or divorced parents in high conflict. (2½ hours per week)

This course aims to help parents handle strong emotions better, understand how entrenched conflict negatively affects children and provides tips for parenting during tough times.

KKIM satisfies the requirements of a court ordered separated parenting course.

WHEN: JUNE - 5TH - 12TH - 19TH - 26TH & JULY 3RD
TIME: TUESDAYS - 10AM TO 12:30PM

&

WHEN: JULY - 2ND - 9TH - 16TH - 23RD - 30TH 2018
TIME: MONDAY NIGHTS - 5:30PM TO 8PM

Fees apply for the above course. \$100 per person or \$70 for holders of a pension concession card.

Parenting Courses

SURVIVING YOUR ADOLESCENTS (11 - 22 year olds)

*** Recommended Prerequisite "Practical Parenting"**

Surviving Your Adolescents is a program providing parents with useful skills to understand teenage behaviour. Find out what is normal behaviour; how to manage risk-taking and tips to maintain and improve your relationship; Understand the Four Cardinal Sins when parenting teenagers.

When: August 28th & September 4th FREE

Time: 2 x Tuesdays - 9:30AM to 12NOON



PRACTICAL PARENTING

For parents who may like a refresher and to strengthen their knowledge & skills. Practical Parenting offers strategies to take the stress out of parenting.

- » Sick of repeating yourself?
- » Giving in to stop the whining?
- » Blaming yourself?

Find out how Practical Parenting helps your family.

WHEN: JULY 31st 2018 FREE

TIME: TUESDAY 9:30AM to 12:30PM



KEEP CALM, THEY'RE JUST KIDS - FREE

*** Recommended Prerequisite "Practical Parenting"**

For parents of children who exhibit behavior's of concern: severe non-compliance, temper outbursts and verbal or physical aggression. Parents will learn to identify the child's concern and triggers that cause the behaviour, teach the child coping skills and find workable solutions that satisfy both parent and child.

WHEN: AUGUST 7th - 14th - 21st 2018 FREE

TIME: 3 x TUESDAYS - 9:30AM to 12NOON