

# FOR PARENTS



## NORTHERN SYDNEY REGION GROUP PROGRAM SCHEDULE

Group	Group Dates	Duration	Address	Requirements	Fee
<b>Men: Maintaining Change</b>	Tuesdays: 20 July, 10 August, 14 September 6pm – 8pm	Every 2nd Tues of the month	68 Waterloo Rd, Macquarie Park	Clients have completed a Men's BCP PGLs – Not required	\$40 Concessions available
<b>Men and Relationships</b>	Wednesdays: 28 July – 15 Sept 5:30pm – 8:00pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Based on a sliding scale & household income.
<b>Circle of Security</b>	Thursdays, 22 July – 9 Sep 5:30pm – 8pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Fee waived
<b>Women: Choice and Change</b>	Fridays, 30 July – 17 Sept 10am – 12:30pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Fee waived
<b>Parenting After Separation – Focus on Kids</b>	Thursdays: 29 July – 2 Sept 6pm – 8:30pm	6 weeks	651 Pittwater Rd, <a href="#">Dee Why</a>	Pre group interview arranged by appointment	\$280 per person
<b>Managing Anger &amp; Strong Emotions</b>	Tuesday, 20 July – 7 Sep 6pm – 8:30pm	8 weeks	651 Pittwater Rd, <a href="#">Dee Why</a>	Pre group interview arranged by appointment	Based on a sliding scale & household income.
<b>Bringing Up Great Kids</b>	Wednesday, 21 July – 8 September 5:30pm – 7:30pm	8 weeks	651 Pittwater Rd, <a href="#">Dee Why</a>	Pre group interview arranged by appointment	Free
<b>Chinese: Circle of Security</b>	Tuesdays, 3 August – 14 Sept 10am – 12pm	7 weeks	The Gordon Centre 20-22 Park Ave Gordon 2072	Pre group interview arranged by appointment	Free

**Relationships Australia NSW Limited** Ph: 1300 364 277 | <https://www.relationshipsnsw.org.au/>  
Level 1, 68 Waterloo Road Macquarie Park NSW 2113 | email: northrep@ransw.org.au |  
Ph: 8874 8000

### IS SOMEONE IN YOUR FAMILY TAKING DRUGS OR ALCOHOL? ARE YOU LOOKING FOR PRACTICAL DOWN TO EARTH INFORMATION AND SUPPORT?

Family Drug Support presents the **'Stepping Forward'** series providing -

- ✓ Clear & practical information sessions
- ✓ A safe place to share & to feel supported

**Date:** Sat 14th August 9.30am-4pm

**Venue:** St Peter's Anglican Church, 207 Peats Ferry Road, Hornsby

**Cost:** Free.

**Register Here:** <https://hornsbysteppingforward.eventbrite.com.au>

For more information please email or call Amy on: [amy@fds.ngo.org.au](mailto:amy@fds.ngo.org.au) 0457 260 079





## PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs. CatholicCare welcomes staff and clients from all different backgrounds and beliefs.

**\$20**

### TUNING INTO KIDS

*For those living in the Northern Sydney region*

**For parents of primary school children on how to develop your child's emotional intelligence.**

Register here:

<https://form.jotform.com/211567156969873>

**Wednesdays**

4, 11, 18 & 25 August &  
1 September 2021  
10.00am - 12.00pm



**via Zoom**

**FREE**

### TUNING INTO TEENS

*Prioritising those living in the Ku-ring-gai local Government area (but open to Northern Sydney Region depending on numbers)*

**A parenting group based on emotion coaching with additional information and support around risk taking behaviours.**

Delivered in partnership with The Northern Centre and Drug & Alcohol Youth Support Service.

Register here:

<https://form.jotform.com/211311577412850>

**Wednesdays**

4, 11, 18, 25 August,  
1 & 8 September 2021  
10.00am - 12.00pm



**via Zoom**

**FREE**

### GROWING KIDS

A free program run over 4 weeks for primary aged children in years 4 - 6.

This program aims to use creative arts as a way of expression and building resilience. Being creative is good for the brain! It helps you relax and numerous studies show that creative activities raise serotonin levels and decrease anxiety - factors that contribute to resilience - our ability to deal with our problems in a way that makes us feel like the next time they come around, we'll have a better ability to tackle them.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

**FREE**

### MUSIC XPRESS FOR KIDS

A free program run over 5 weeks for primary aged children in years 4 - 6.

This program uses music as a way of expression and helping to build resilience amongst children.

You do not need to have experience in musical instruments but rather be interested to use music in expression.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

**MORE INFO:**

E: [intakefs@catholiccaredbb.org.au](mailto:intakefs@catholiccaredbb.org.au)



## parenting programs

<b>Tuning in to Kids Parenting Program</b>	<b>Korean</b> 29 July to 2 September	Thursdays: 10:00am to 12:00pm Register: <a href="https://bit.ly/3ai0dZh">https://bit.ly/3ai0dZh</a>
Limited childcare available		
<b>Tuning in to Teens Parenting Program</b>	<b>English – ONLINE</b> 4 August to 8 September	Wednesdays: 10:00am to 12:00pm Register: <a href="https://bit.ly/3cgzNZU">https://bit.ly/3cgzNZU</a>
<b>Bringing Up Great Kids Parenting Program</b>	<b>Mandarin</b> 3 August to 7 September	Tuesdays: 10:00am to 12:00pm Register: <a href="https://bit.ly/3ai0dZh">https://bit.ly/3ai0dZh</a>

**Bookings essential as places are limited.  
For further details call us on 9334 0111**

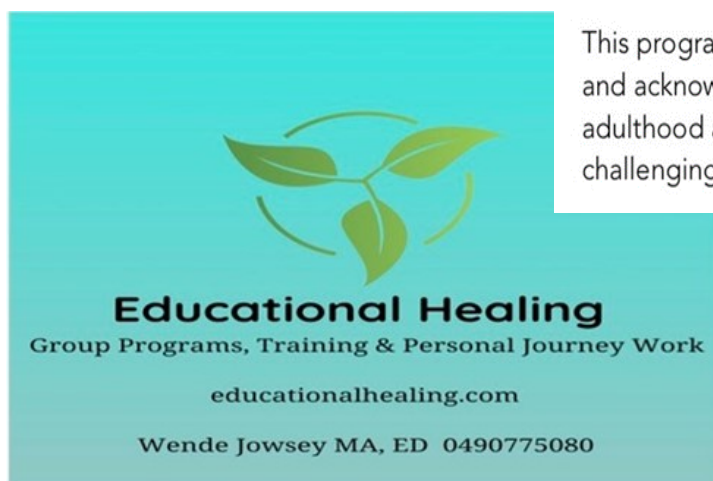


**LIVE INTERACTIVE WEBINAR**—Learn simple steps to help your child reduce anxiety and build resilience.



For information about this and other parenting courses and resources, go to:  
<https://www.parentshop.com.au/parent-courses/>

### Parents of Teens Support Program 2021



This program typically meets fortnightly during the school term and acknowledges that the teen years are a time of transition to adulthood and can exhaust a parents' capacity to manage challenging behaviours.

To find out 2021 program dates or to book a program  
Contact Wende Jowsey MA. Ed : 0490775080