



About our courses

We help families learn new strategies and create opportunities to connect with other parents. Our courses will help you be the best parent you can be.

Where

We run most courses online via Zoom, with our online courses offering more flexibility for busy parents whilst still providing the connection of being part of a group.

Our parent coaching sessions are offered in-person and online.

Fees

Course and workbook fees are kept to a minimum. For concession card holders, attendance is free with the cost of only the workbook to be covered.

Qualifications

All CatholicCare Sydney services are provided by qualified, skilled and experienced professionals.

Call **13 18 19** or visit our website to reserve your place.

Parent coaching

Parents that have attended our courses are able to access up to three sessions of one-to-one parent coaching to assist in the practice of techniques and consolidating information from the courses they have attended.

Our team of group facilitators are therapeutically trained and skilled in child development. Their focus is to bring knowledge about attachment and supporting parent/child relationships.

Additional time with a facilitator can help parents feel more confident using different approaches with their children, leading to improved relationships and children receiving the support they need to feel happy and secure.

Our parenting coaching sessions have a cost per session. If you are experiencing financial hardship or have a concession card, reduced cost sessions are available.

Get in touch

Parenting and Child Development
2C West Street, Lewisham 2049

📞 13 18 19

✉️ pcd@catholiccare.org

🌐 catholiccare.org/pcd

CatholicCare
SYDNEY

Parenting and Child Development

Term 4, 2024 Courses



CatholicCare
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Keeping Kids in Mind

21st October 2024 to 18th November 2024 Online via Zoom
Mondays 10:30am – 1:00pm

5th November 2024 to 3rd December 2024 Online via Zoom
Tuesdays 6:30pm – 9:00pm

Keeping Kids in Mind is a dynamic 5-week course aimed at assisting separated/divorced parents support their children through the changes. It examines issues such as loss and grief, attachment, resilience, and conflict resolution.

Please register your interest via the Keeping Kids in Mind website www.keepingkidsinmind.org

Cost of course is \$150 including Course Workbook. Free for concession card holders but \$50 for Course Workbook.

My Kids & Me

22nd October 2024 to 3rd December 2024 Online via Zoom
Tuesdays 10:30am – 1:00pm

My Kids and Me is a 7-week course specifically designed for parents whose children are in Out of Home Care or kinship care. The course covers topics such as loss and grief, what's it like for you, what's it like for your kids, talking and listening and understanding the legal system.

Prior bookings are essential for this course. No charge for the course but \$10 for the course Workbook.

Circle of Security Parenting (abbreviated)

23rd October 2024 to 20th November 2024 Online via Zoom
Wednesdays 6:30pm – 8:30pm

11th November 2024 – 9th December 2024 Online via Zoom
Mondays 10:30am – 12:30pm

You may often wonder "What does my child want from me?" In this 5-week course you will learn about the Circle of Security parenting program. It explains how children look to their parents or caregivers for support as they move from their need for safety and security to their needs for exploration. Hear about ways to identify your children's needs and step by step approaches for promoting secure attachment in children. Suitable for parents of children of all ages but particularly focuses on infants and young children.

Cost of course is \$100 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Tuning into Teens

23rd October 2024 to 27th November 2024 Online via Zoom
Wednesdays 6:30pm – 8:30pm

This 6-week course will help parents of tweens and teens learn skills to talk to & understand their teenager, help them to manage their emotions, prevent behaviour problems & teach them to deal with conflict.

Learn how to:

- Be better at talking with your teen
- Be better at understanding your teen
- Help your teen learn to manage their emotions
- Help prevent behaviour problems in your teen
- Teach your teen to deal with conflict

Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

123 Magic & Emotion Coaching

23rd October to 6th November 2024 Online via Zoom
Wednesdays 6:30pm – 8:30pm

Learn:

- To engage your children's cooperation by positively noticing and encouraging them
- To set clear expectations and help them develop frustration tolerance
- To help children's brains develop filters for behaving well
- To resolve family conflict quietly
- Some simple strategies to practice being a calm parent

Cost of course is \$60 + \$10 for Course Workbook. Free for concession card holders but \$10 for Course Workbook.

Tuning into Kids

29th October 2024 to 3rd December 2024 Online via Zoom
Tuesdays 10:30am – 12:30pm

In this 6-week child development course, parents of pre-school and primary aged children will learn about emotionally intelligent parenting. This course will teach parents how to help their children:

- Identify and understand their emotions
- Successfully use emotions during interactions
- Use emotional awareness to guide them when solving problems
- Deal with frustrations

Cost of course is \$120 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.



Emotion Coaching

25th November 2024 to 9th December 2024 Online via Zoom
Mondays 10:30am – 12:30pm

This 3-week course focuses in depth on John Gottman's Emotion Coaching. Parents will gain an understanding of their parenting style, some of the traps they may fall into in their parenting and build their confidence and knowledge as parents. Parents who have attended 123 Magic & Emotion Coaching or have had an introduction to Emotion Coaching in other parenting courses will find this course particularly helpful as they gain new insights and new ideas and build on existing skills.

Cost of course is \$60 + \$5 for Course Workbook. Free for concession card holders but \$5 for Course Workbook.

Bookings are essential. Course fees for all courses, except Keeping Kids in Mind and My Kids & Me, are \$20 per session and free for concession card holders.

Course material is an additional charge depending on the course and all participants need to purchase a booklet.

Contact us, call **13 18 19**
to reserve your place.