

Free Programs for Parents

Programs commencing February 2010

For dates and further information please phone

Suzie or Susan on 5580 4993

Registration is essential

Childminding is available for some programs at cost of \$4 per week per child. Numbers are limited and bookings essential

Note: Whilst all due care is taken to adhere to all dates, they can be subject to change.

PLEASE NOTE: ACTIVITIES DO NOT OPERATE DURING SCHOOL HOLIDAYS



Northern Gold Coast
Communities for Children
OXENFORD & COOMERA COMMUNITY YOUTH CENTRE
HOB TIMETABLE

TOPIC	PROGRAM INFORMATION
PARENTING MADE EASIER	<i>This is an educational program written from a Counsellors perspective who has many years experience working with families. To understand our children's behaviour, we first must understand the purpose behind their behaviour. This program helps parents develop a reflective parenting practice to tune in to their children's needs. It is based on teaching and modeling to parents the importance of creating a safe and secure base from which they can teach their children respect, co-operation and responsibility. Once parents learn these skills, they will be armed with strategies that WORK!!!</i>
EMOTIONAL FITNESS FOR CHILDREN	<i>Parents learn play therapy strategies to assist in strengthening their relationship with their child (ideal for ages 2-8). Learn to communicate in your child's language. Emotional Fitness provides children with an opportunity to defuse their emotions, work through anxiety, anger, hurt, grief as well as strengthen positive emotions, such as joy, happiness and positive power, whilst encouraging confidence and self-esteem.</i>
HOW TO DRUG PROOF YOUR KIDS	<i>This program highlights the risks of both illicit and licit drugs, with a particular emphasis on alcohol. Alcohol related issues covered include the latest National Health and Medical Research Council drinking guidelines, latest research around brain development in adolescence, binge drinking, and parental and cultural influences.</i> <i>In line with research, a major thrust of the program is 'best practice parenting', with lots of information and tips on getting to know, enjoying and positively influencing kids. It continues to be very interactive, allowing for lots of discussion and activities (ideal for ages 8-14 years).</i>
RELATIONSHIP RESCUE	<i>This program offers an opportunity to explore ways to have a fabulous relationship, to repair a broken relationship or understand why the relationship isn't working. Relationships include parents, siblings, work associates, partners, spouses and children.</i>
GET BACK TO WORK: RE-ENTERING THE WORKFORCE	<i>Are you wanting to re-enter the workforce but need some assistance with building up your confidence, knowledge or skills? Learning is lifelong and these workshops are for anybody who is interested in re-entering the workplace, beginning a new career or undertaking some studies. Workshops may include: MYOB, Resume Writing and Interview Techniques, Tips for Starting a Small Business; Computer Training; Barista Coffee Making; What to Wear to that interview (makeup and clothing tips).</i>

All Welcome!

For more information please contact our Oxenford Office

(07) 5529 8087 or 5580 4993

Email: youth@youthcentre.org.au

www.youthcentre.org.au



Communities for Children is an initiative of the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

Location: Oxenford & Coomera
Community Youth Centre
25 Oxenford-Tamborine Road Oxenford
Phone: 5529 8087

EARLY YEARS HUB PROGRAM

0-5 YEARS



ALL PROGRAMS FREE!

GOLD COIN DONATION APPRECIATED

Monday			
Toddler Sports 9.30am-10.15am	Move to Music 10.30am-11am	Read and Grow 11am – 12noon	
Tuesday			
New Mum's 0-2 years 9.30am-11.30am New Mum's Group with Child Health Nurse		Read and Grow 10am-11am For Toddlers 2-5 years	
Wednesday			
Move to Music 0-2 yrs 9am – 9.30am	Move to Music 2-5 yrs 9.30am-10am	Small Sports 10am – 10.30am	Read and Grow 10am-11am
Thursday			
Toddler Sports 9.30am-10.15am	Move to Music 10.30am-11am	Small Sports 10.30am-11am	Read and Grow 11am-12noon

ALL WELCOME!

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FOR THE TWEENS

6-13 YEARS



<p align="center">BEACH VOLLEYBALL AND BASKETBALL</p> <p align="center">4pm - 5pm every Wednesday during school term commencing 10 February 2010</p> <p align="center">Ages 10-12 years</p> <p align="center">Outdoor Area at the Oxenford-Coomera Community Youth Centre All Welcome! FREE!</p>
<p align="center">BABYSITTING TRAINING PROGRAM</p> <p align="center">COMMENCING SOON - REGISTER NOW!</p> <p align="center">4pm-6pm Cost: \$3 for afternoon tea</p> <p align="center">Wednesday 24 February - 31 March 2010 (6 week program)</p> <p align="center">For young people aged 13-16 who babysit, look after siblings or would like to work with children.</p> <p align="center">Bookings Essential! Phone Susan or Suzie on 5580 4993</p>
<p align="center">ACTIVE MINDS HOMEWORK CLUB</p> <p align="center">WILL BE COMMENCING SOON!</p> <p align="center">FOR DETAILS OF VENUES, DATES AND TIMES</p> <p align="center">PLEASE PHONE 5580 4993</p>
<p align="center">HOLIDAY PROGRAMS WILL TAKE PLACE DURING APRIL SCHOOL HOLIDAYS</p> <p align="center">TIMETABLE TO BE RELEASED SOON</p> <p align="center">FOR DETAILS OF VENUES, DATES AND TIMES PLEASE PHONE 5580 4993</p>
<p align="center">TWEENY'S HUB WILL BE COMMENCING APRIL 2010</p> <p align="center">Extracurricular activities will be available fortnightly for young people and families within the local area.</p> <p align="center">Keep your eyes and ears open for further information which will be available and distributed soon!</p>

MUMS, DADS &

Tuesday		
<p>Yoga (all levels)</p> <p>9.15am – 10.30am</p> <p>Commencing 23/2/10</p> <p>All equipment provided!</p> <p>Cost: \$4</p> <p>\$2 Childminding Available –</p> <p>Bookings Essential</p> <p>Phone: 5580 4993</p>	<p>Chi Yoga (Beginners level)</p> <p>11am – 12.15pm</p> <p>Commencing 23/2/10</p> <p>All equipment provided!</p> <p>Cost: \$4</p> <p>\$2 Childminding Available –</p> <p>Bookings Essential</p> <p>Phone: 5580 4993</p>	<p>MumZone Indoor Circuit</p> <p><i>with personal trainer</i></p> <p>10.30am-11.15am</p> <p>Cost: Free</p> <p>\$4 Childminding Available Bookings Essential through Matt</p>
Wednesday		
<p align="center">MumZone Boxing Class with personal trainer</p> <p align="center">10.30am – 11.15am Cost: Free</p> <p align="center">\$4 Childminding Available Bookings essential through Matt</p>		
Thursday		
<p>MumZone Outdoor with personal trainer</p> <p>9.30am-10.15am</p> <p>Cost: Free</p> <p>\$4 Childminding Available</p> <p>Bookings Essential through Matt</p>	<p>MumZone Indoor Circuit with personal trainer</p> <p>10.30am-11.15am</p> <p>Cost: Free</p> <p>\$4 Childminding Available</p> <p>Bookings Essential through Matt</p>	<p>Yoga (all levels)</p> <p>5.30pm-7pm</p> <p>Commencing 25/02/10</p> <p>Cost: \$10</p> <p>All equipment provided!</p> <p>No Childminding Available</p>
Friday		
<p align="center">Mumzone Boxing Class with personal trainer</p> <p align="center">11.30am-12.15pm Cost: Free</p> <p align="center">\$4 Childminding Available Bookings Essential through Matt</p>		
Saturday		
<p align="center">DadZone Outdoor Class with personal trainer</p> <p align="center">8.45am-9.30am Cost: Free</p> <p align="center">No Childminding Available</p>		