

# Northern Gold Coast Communities for Children

Oxenford & Coomera Community Youth Centre

## Free Programs for Parents

Programs commencing February 2010



FOR FURTHER INFORMATION PLEASE PHONE SUZIE OR SUSAN ON 5580 4993

TOPIC	TIMES AND DATES
<b>PARENTING MADE EASIER</b>	<p><b>Day Course: Oxenford Youth Centre</b> Friday 12/02/10 - 19/03/10, 9.30am - 12.30pm (6 weeks)</p> <p><b>Day Course: Highway Christian Church</b> Monday 15/02/10–22/03/10, 9.30am–12.30pm (6 weeks)</p> <p><b>Evening Course: Oxenford Youth Centre</b> (no childminding available) Wednesday 17/02/10 - 24/03/10, 6.30pm - 8.30pm (6 weeks)</p> <p><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></p>
<b>EMOTIONAL FITNESS FOR CHILDREN</b>	<p><b>Day Course: Oxenford Youth Centre</b> Monday 15/02/10–8/03/10, 9.30am - 12.30pm (4 weeks)</p> <p><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></p>
<b>HOW TO DRUG PROOF YOUR KIDS</b>	<p><b>Day Course: Oxenford Youth Centre</b> Tuesday 23/02/10–30/03/10, 9.30am - 11.30am (6 weeks)</p> <p><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></p> <p><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></p>
<b>RELATIONSHIP RESCUE</b>	<p><b>Evening Course: Oxenford Youth Centre</b> (no childminding available) Tuesday 23/2/10 - 30/03/10, 6.30pm - 8.30pm (6 weeks)</p> <p><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></p>
<b>GET BACK TO WORK: RE-ENTERING THE WORKFORCE</b>	<p><b>Day Courses commencing soon at Oxenford Youth Centre</b> <b>Please enquire on 5580 4993 to register your interest</b></p> <p><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></p>
<b>BABYSITTING PROGRAM</b>	<p><b>Afternoon Course: Oxenford Youth Centre</b> Wednesday 24/02/10 - 31/03/10, 4pm - 6pm (6 weeks)</p> <p><i>For young people aged 13-16 who babysit, look after younger siblings or would like to work with children.</i></p>

While parents participate in our programs, children who require childminding can participate in 'Kids At Play' activity group. (0-5 years accepted). Kids at Play is \$4.00 per child, numbers are limited and bookings are essential. Fee to be paid prior to commencing program.

**Note:** Whilst all due care is taken to adhere to these dates, they can be subject to change. **Please ensure you book prior to attending any program.**

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