

FREE PROGRAMS FOR PARENTS

Programs commencing February and March 2011

FOR FURTHER INFORMATION OR TO MAKE A BOOKING PLEASE PHONE SUZIE OR SUSAN ON 5580 4993

Please see back of flyer for further information regarding each activity

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1-2-3 Magic Parenting Course 9.30am-11.30am (Day) 14th February – 28th February 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Road Oxenford 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone 5580 4993 Childminding Available small fee</p>	<p>1-2-3 Magic Parenting Course 6.30pm-8.30pm (Evening) 15th February – 1st March 2011 ABC Norfolk Village 166-168 Pascoe Road Ormeau 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone: 5580 4993</p>	<p>1-2-3 Magic Parenting Course 6.30pm-8.30pm (Evening) 16th February – 2nd March 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Rd Oxenford 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone: 5580 4993</p>	<p>1-2-3 Magic Parenting Course 6.30pm-8.30pm (Evening) 24th February – 10th March 2011 Coomera State School Dreamworld Parkway, Coomera 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone: 5580 4993</p>	<p>Parenting Made Easier 9.30am- 12.30pm (Day) Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Rd Oxenford 18th February – 25th March 2011 6 week program assists parents to develop a reflective parenting practice and arm themselves with strategies that WORK! FREE – Bookings Required Phone: 5580 4993 Childminding Available small fee</p>
	<p>1-2-3 Magic Parenting Course 6.30pm-8.30pm (Evening) 8th March – 22nd March 2011 Oxenford & Coomera Youth Centre 25 Tamborine-Oxenford Rd Oxenford 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone: 5580 4993</p>	<p>Parenting Made Easier 6.30pm-8.30pm (Evening) 9th March – 13th April 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Rd Oxenford 6 week program assists parents to develop a reflective parenting practice and arm themselves with strategies that WORK! FREE – Bookings Required Phone: 5580 4993</p>		
<p>Parenting Made Easier 9.30am-12.30pm (Day) 7th March – 11th April 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Road Oxenford 6 week program assists parents to develop a reflective parenting practice and arm themselves with strategies that WORK! FREE – Bookings Required Phone 5580 4993 Childminding Available small fee</p>	<p>1-2-3 Magic Parenting Course 6.30pm-8.30pm (Evening) 29th March – 12th April 2011 ABC Norfolk Village 166-168 Pascoe Road Ormeau 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required Phone: 5580 4993</p>	<p>Babysitting Training Afternoon Course: 4pm – 6pm Wednesday 9th March – 13th April 2011 St Mary's Catholic Community Centre 185 Billingshurst Crescent Upper Coomera 6 week program for young people aged 13-16 who babysit, look after younger siblings or would like to work with children. FREE – Bookings required Phone: 5580 4993</p>	<p>Parenting Made Easier 6.30pm-8.30pm (Evening) 10th March – 14th April 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Rd Oxenford 6 week program assists parents to develop a reflective parenting practice and arm themselves with strategies that WORK! FREE – Bookings Required Phone: 5580 4993</p>	<p>1-2-3 Magic Parenting Course 9.30am-11.30am (Day) 1st April – 15th April 2011 Upper Coomera State College 137 Reserve Rd Upper Coomera 3 week program of practical, easy-to-use techniques for families to encourage positive behaviour FREE – Bookings Required by phoning Upper Coomera State College Junior School Administration 5580 7666</p>
	<p>Relationship Rescue 6.30pm-8.30pm 8th March – 12th April 2011 Oxenford & Coomera Community Youth Centre 25 Tamborine-Oxenford Rd Oxenford 6 week program to explore ways to have a fabulous relationship, repair a broken relationship or understanding why a relationship isn't working. FREE – Bookings Required Phone: 5580 4993</p>			



NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN



FREE PROGRAMS FOR PARENTS

<p>PARENTING MADE EASIER</p>	<p><i>This is a 6 week 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 modelling 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>
<p>1,2,3 MAGIC & EMOTION COACHING PARENTING COURSE</p>	<p><i>A 3 session program for parents and carers to help promote positive behaviour and manage difficult behaviour in children 2-12 years old. This course offers parents the techniques to help kids become better managers of their emotions and will help parents feel more confident about what they are doing when they are parenting. There are two main philosophies in this parenting course; one is behavioural, focusing on rewards and consequences, the other is aimed at promoting children's emotional competence so that they can self-manage.</i></p>
<p>RELATIONSHIP RESCUE</p>	<p><i>This 6 week 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>
<p>GET BACK TO WORK: RE-ENTERING THE WORKFORCE</p>	<p><i>Do you want 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>
<p>BABYSITTING TRAINING PROGRAM</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 day 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.

Please phone 5580 4993 to register your child/children for childminding.



Note: Whilst all due care is taken to undertake programs regularly, they can be subject to change. Please ensure you book prior to attending any programs.

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