



WORKSHOPS

CatholicCare Family Relationship Services

Campbelltown

Term 4

2011

MY KIDS AND ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources and to develop relationships with their children.

CatholicCare, 35a Cordeaux St, **Campbelltown**

6 Tuesday Mornings 10am-12:30pm
18, 25 October, 1, 8, 15 & 22 November

Workshop Fee: \$60

LIFT

A therapeutic group for men and women experiencing anxiety and/or depression.

- Learn about what keeps anxiety & depression going & how to reverse the cycle.
- Set goals in line with your values to increase involvement in pleasurable activities.
- Explore thoughts & feelings in a safe & friendly environment.

CatholicCare, 35a Cordeaux St, **Campbelltown**

5 Friday Mornings 10am-12:30pm
14, 21, 28 October, 4, 11 November 2011

Workshop Fee: \$100

MORE HARMONY NO HARM

Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills and positive behaviours for healthy relationships over 7 sessions.

For Women

CatholicCare, 35a Cordeaux St, **Campbelltown**
8 Thursday Afternoons 2:30pm-5pm
Starting 13 October - 24 November

For Men

CatholicCare, 35a Cordeaux St, **Campbelltown**
7 Thursday Evenings, 5:30pm-8pm
Starting 13 October - 24 November

Workshop Fee: \$70

KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs and impact on children.

Family Relationship Centre
Level 2 Shop L105
Macarthur Square Shopping Centre
Campbelltown

5 Thursday Mornings 10am- 12:30pm
20, 27 October, 3, 10 17 November

Workshop Fee: \$50

123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

Schools as Community Centre Room
Curran Primary School, Melaleuca Drive
Macquarie Fields

3 Monday Mornings 9:30am - 12:00noon
17, 24 & 31 October **OR**

CatholicCare, 35a Cordeaux St, **Campbelltown**

3 Thursday Evenings 6:30pm- 9pm
20, 27 October & 3 November

3 Friday mornings 10am-12:30pm
28 October, 4 & 11 November

Workshop Fee: \$30

GRASSROOTS PARENTING

This program for parents of children 0-12 give parents an understanding of children's behaviour, provide strategies for effective discipline, encourage positive behaviours and build resilience and self esteem in families. Each of the 8 sessions is self contained. Pick which sessions you would like to attend.

Session 1: Seedlings - 18 Oct

For parents of babies

Session 2: Sprouts - 25 Oct

For parents of toddlers

Session 3: Preparing The Soil - 1 Nov

Understanding children's behaviour and parent traps

Session 4: Planting The Seed - 8 Nov

Communication. Building and getting children to listen

Session 5: Pruning & Training - 15 Nov

Encouraging desired behaviours

Session 6: Getting To The Root of the Problem - 22 Nov

Strategies for challenging behaviours in children

Session 7: Encouraging Blooms - 29 Nov

Building family resilience and handling conflict

Session 8: Nurturing the Gardener - 6 Dec

Looking after yourself and building assertiveness skills

CatholicCare, 35a Cordeaux St, **Campbelltown**
8 Tuesday Mornings 10am-12:30pm

Workshop Fee: \$10 per session

PARENTS KIDS AND ANGER

For parents of children two years and above. Explore ways to recognise your feelings and needs and those of your children, be assertive, express anger in more constructive ways & help your children deal with anger.

Claymore Public School, Dobell Road, **Claymore**

3 Friday Mornings 11am-1:30pm
28 October, 4 & 11 November

Workshop Fee: \$30

WORKSHOP BOOKINGS

For bookings or information call:

Campbelltown 4628 0044
Wollongong 4227 1122
Nowra 4421 8248

Other courses may be available on request.

Limited childcare may be available for some workshops

CatholicCare's Family Relationship Services Program is funded by The Australian Government

www.catholiccare.woll.catholic.org.au

