

FREE PROGRAMS FOR PARENTS

Programs commencing April 2009



FOR FURTHER INFORMATION PLEASE PHONE KAREN EDWARDS OR RITA RUSKA ON 5529 8087

TOPIC	TIMES AND DATES
PARENTING MADE EASIER	<p>Day Course: Oxenford Youth Centre Friday 8/5/09- 5/6/09, 9.30am-12.30pm (5 weeks)</p> <p>Evening Course: Coomera Community House (no childminding available) Wednesday 6/5/09 - 10/6/09, 7pm-9pm (6 weeks)</p> <p>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!!!</p>
PARENTING MADE EASIER 2 (Follow-up Session)	<p>Day Course: Oxenford Youth Centre Friday 12/6/09 - 26/06/09, 9.30am-12.30pm (3 weeks)</p> <p>This is an extension of Parenting Made Easier where parents are supported to apply their skills to specific behavioural issues. This will reinforce and deepen the learning from Parenting Made Easier.</p>
EMOTIONAL FITNESS FOR CHILDREN	<p>Day Course: Oxenford area TBA Thursday 7/05/09 - 28/05/09, 9.30pm-12.30pm (4 weeks)</p> <p>Evening Course: Coomera Community House-Coomera (no childminding available) Tuesday 5/05/09 - 26/05/09, 6.30pm-8.30pm (4 weeks)</p> <p>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.</p>
Emotional Fitness for Babies KEYS TO READING YOUR BABY'S LANGUAGE	<p>Day Course: Oxenford Youth Centre Monday 11/05/09 - 1/06/09, 9.30am-11.30am (4 Weeks)</p> <p>A four week program to help parents with infants learn to understand & respond more sensitively to their infant's feelings, wants & needs. Babies learn trust, & that they are powerful communicators; this sets the stage for both successful language development and positive social interactions. Parents will learn: Infant states and appreciate the significance of sleep/wake organization, recognize their baby's cues to engage and disengage and understand the effects of infant behaviour.</p>
DROP IN PARENT SUPPORT	<p>Day Course: Coomera Community House Tuesday 28/04/09-23/06/09, 10am-12pm (9 weeks)</p> <p>A friendly weekly friendship support group for parents who want to discuss issues of concern regarding their parenting and just meet other parents to develop friendships. Facilitated by trained counsellors and parent educators.</p>
SUPER PARENTS PROGRAM Free the Horses Self Esteem for Children & Parents	<p>Day Course: Coomera Community House Friday 8/05/09 - 5/06/09, 4pm-5.30pm (5 weeks)</p> <p>Free the Horses Self Esteem Program for Children: Self esteem program for children aged 5-8 years. Parents participate with their child. This program is based on an adventure story teaching important strategies to support self-worth</p>
BABYSITTING PROGRAM	<p>Afternoon Course: Oxenford Youth Centre Friday 15/05/09-19/06/09, 4pm-6pm (6 weeks)</p> <p>For Young people aged 13-16 who babysit, look after younger siblings or would like to work with children.</p>
<p>While parents participate in our programs, children who require childminding will participate in 'Kids At Play' activity group</p>	
YOGA FOR RELIEF OF STRESS, ANXIETY & DEPRESSION	<p>SUBSIDISED PROGRAM—\$55 Plus free childminding available</p> <p>Day Course: Oxenford Youth Centre Wednesday 29/04/09 - 24/06/09, 10am-12pm (9 weeks)</p> <p>This program will incorporate an educational component as well as relaxation exercises. Facilitated by a trained yoga teacher with over 20 years experience, specialised in working with stress/anxiety. Participants will learn easy to use strategies each week. Please bring yoga mat and towel. Wear comfortable clothes.</p>

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.