

NORTHERN CONNECT

Supporting Defence Families...



**FREE
FOR
DEFENCE
FAMILIES**



Centacare NQ are offering a variety of courses and sessions to support Defence families. Some courses include:

- **123 Magic & Emotion Coaching—Parenting course**
- **Circle of Security Parenting Program**
- **Engaging Adolescence—Parenting course**
- **Kaleidoscopes—Children's course (6-8yrs, 9-10yrs, 11-12yrs)**
- **Back2Front— Children's course (6-8yrs, 9-10yrs)**

As well as many others

For more information call Centacare NQ on 4772 9000

*****BOOKINGS ESSENTIAL *****

Call Centacare NQ 07-4772 9000 and mention that you are a Defence Family

www.centacarenq.org.au

Some of the Courses We Have on Offer

123 Magic & Emotion Coaching Parenting Program—This 4 x 2 hr a week parenting program raises key ideas about children's abilities, the common problems parents face and ways to help make parenting enjoyable. It is aimed at parents of children aged 2 to 12 years. Participants are provided with a workbook and sessions are held in small groups.

Engaging Adolescents – This is a 4 x 2hr practical 'how-to' guide for parents to assist with: Working out what behaviours need to be ignored. Building relationships with your teenager. How to coach teenagers to consider the consequences of their actions. Skills for tough conversations for handling those problems you just can't ignore. New understandings of adolescence.

Circle of Security—This parenting program is a 8 x 2hr course designed to provide a safe and exciting context for caregivers to explore parenting. The focus is on helping caregivers feel successful in parenting and enhance relationships with their children. Improve your understanding of children's behaviour, shared experiences, and strategies for caregivers to become more attuned and responsive to their young children's emotional needs and assist them in managing their behaviour.

Kaleidoscope—This program is a 5 x 2 hr course for 6-12 year olds to assist them to: discover personal strengths and build self-esteem; identify and deal with feelings; have strategies to manage intense feelings; maintain and build friendships; and keeping safe.

Back2Front—This program is a 5x 2 hr course for 6-10 year olds to assist them to: Learn about their brain and why it is important to have coping skills. Identify their emotions and use sensory play as a coping strategy. Recognize their bodies signs and use calming techniques to sooth strong emotions. Have a positive way of expressing their emotions that is safe and fun, using their creativity. Problem solve using their newly learnt strategies to calm their emotions.