

NORTHERN CONNECT

**FREE FOR
DEFENCE
FAMILIES**

Do you have children? Would you like some practical parenting strategies for managing behavior?

Are you looking for a way to build a strong relationship and emotional connection to your young child?

Do you need assistance having tough conversations with teens?

Centacare NQ are currently offering courses to support Defence families at no cost. Courses for parenting include:



123 Magic & Emotion Coaching

This 4 x 2 hours a week parenting program raises key ideas about children's abilities, the common problems parents face and ways to help make parenting enjoyable. This course is aimed for parents of children aged 2–12 years.

Circle of Security

The focus is on helping caregivers enhance relationships with their young children 0–9 years. Improve understanding of children's behaviour, shared experiences, and strategies for caregivers to become more attuned and responsive to their children's emotional. (8 x 2hr course)

Engaging Adolescents

This is a practical 'how-to' guide for parents to assist with: Building relationships; How to coach teenagers to consider the consequences of their actions; Skills for tough conversations for handling problems; New understandings of adolescence. This is a 4 x 2 hour session course.



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