



Terms Three and Four 2009

GENERAL GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Tuesdays, 21 st July to 11 th August, 2009	Strong Emotions- Managing your Anger Emotion.	A four session group to help Dads understand and work with their anger emotion non-aggressively.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851 Bookings essential
Thursdays, 23 rd July to 20 August, 2009	Being a Dad	Being a Dad is really tough – if you think you need some help why not try this four session group where you can meet other dads with similar challenges? The group will help you connect and work with your children.	Marymead 6.00pm – 9.00pm	\$50 \$25conc. Dinner provided	Terry Norman Ph. 6162 5851 Bookings essential
Tuesdays 21 st July to 1 st September, 2009	Parenting for Positive Relationships	A seven session group for mums wanting to strengthen their relationship with their children and other family members. Topics include the nature of relationships, strengthening interactions with children, the basis for good communication, and special issues for mums in step-families.	Marymead Lunch included 10 am – 1.30 pm	\$70/35 concession	Mary Ford Ph:6162 5872 Bookings essential
Mondays, 23 rd November to 14 th December, 2009	Self-care for Mums	A four session group for mums who have a busy life and find little time for themselves. Both you and your family will benefit from making time for you a habit. Fun and educational.	Marymead Lunch included 10 am – 1.30 pm	\$40/\$20 concession	Mary Ford Ph:6162 5872
Run each term. Beginning Thursdays, 29 th July, then Mondays, 19 th October, 2009	Parent Effectiveness Training (P.E.T)	Eight week course. An evidence-based, highly practical course about making and maintaining a good relationship with your children, based on mutual respect. P.E.T helps your child develop self-discipline, by NOT using rewards or punishment. Teaches listening, assertiveness and win-win conflict resolution skills. Is the 'how to' of emotional intelligence and resilience.	Family Relationships Centre, Woden 7 – 10.15 pm	POA	Larissa 0413 451 607
Starting Term3 Every Tuesday & Wednesday	Newpin Program	A program for families with children under 5 in West Belconnen area who need support with parenting and coping with stressful situations. Newpin focuses on parent/child attachment.	Uniting Care Kippax (opp Kippax shopping centre)	Free	Uniting Care Kippax, Devika or Alison. Ph: 62541733

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23rd July – 24 th September	My Family First ACT	A 9-week program for parents who have child/children in statutory care and will look at strategies to communicate more effectively with the Office for Children, Youth and Family support. Guest speakers from Care and Protections, CREATE, Foster Carers Association and Legal Aid will present information.	Kippax Health Centre Group Room 1 10am-12 noon.		Belconnen & Southside community services Maira Ph 6278 8130
Thursdays 12 th , 19 th , 26 th November & 3 rd December 2009.	Stress & anger management for Dads	4 week program for dads who are stressed in balancing their roles as a nurturing father and family provider.	Gilmore Family Cottage. 6.00pm – 9.00pm	\$40 for 4 week program. Light meal provided.	Chris Cook Ph 6293 6549
Tuesdays, 18 th August to 8 th September, OR Wednesdays, 26 th August to 16 th September, 2009	Accepting and valuing strong emotions	A four session group to help Dads acknowledge and explore their primary emotions and deal with issues that affect their daily life.	Marymead 6.00pm – 9.00pm	\$20 \$10 conc. Dinner provided	Terry Norman Ph. 6162 5851
Last Tuesday of each month August – Harmful behaviours September – The tough child	Harmful behaviours – biting, physical force and rough play The tough child	In this workshop we will discuss why children become aggressive and give easy, yet effective ways to manage harmful behaviours. Learn about ADHD and how it presents and its management.	Kippax Health Centre 10am-12pm	Free Child care & morning tea provided.	Belconnen Community Service. Ph. 6278 8112
Wednesday 11 th , Thursday 12 th , Wed 18 th , Thurs 19 th , Wed 25 th November 2009	Parent Effectiveness Training	PET teaches essential communication skills to address conflict in the home. It also teaches assertiveness and a Six Step process in conflict Resolution. 5 sessions.	Gilmore Family Cottage. 9.15am – 2.45 pm	\$185.00 per family incl workbook	Chris Cook Ph 6293 6549
Wednesday, 19 th August, 2009	Helpful, guilt free parenting (1)	Parents can improve their understanding of anger and other strong emotions which come into play and affect interactions with their children and young persons.	Gilmore Family Cottage. 7.00pm – 9.00pm	\$25/family (two sessions included)	Chris Cook Ph 6293 6549

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Wednesday, 26 th August, 2009	Helpful, guilt free parenting (2)	Provides an opportunity for parents to improve parenting outcomes for children and young persons through nurturing of children's resilience.	Gilmore Family Cottage. 7.00pm – 9.00pm	\$25/family (two sessions included)	Chris Cook Ph 6293 6549
TBA	Stepping Stones	A practical course to help family members cope with drug and alcohol issues. A 72 hour course that covers topics such as: coping with stress and anger, communication skills, boundary and limit setting, so that you have the resources to maximise the help getting to the substance user.	Calvary Hospital Functions room. Two weekends – phone for details	\$30 per family (includes booklet)	Alcohol and Drug Program and Ted Noffs Foundation. Ph. 6207 9977
TBA	Understanding your toddler & discipline workshop	Looks at the social and emotional development, guidelines for setting limits and problem solving with your toddler.	Kippax Health Centre 10am-12pm	Free Child care provided.	BCS Ph. 6278 8100 SCS Donna Ph: 61264716
TBA	Managing Children's Behaviour	Workshops that look at managing childrens' challenging behaviour.	Queanbeyan Primary School		Schools as Community Maureen Ph: 62972167
TBA	Twilight Topical talks for Terrific parents	Parenting information sessions designed to support mums and dads	Child and Family Centre	Free	Gungahlin Child & Family Centre Ph 6207 0120
Monthly on Fridays	Topical talks for Terrific parents	Parenting information sessions designed to support mums and dads 4 Sept Developing bedtime Routines that Work for You 16 Oct Practical Behaviour Tips 6 Nov Toilet training	Child and Family Centre 10am-11.30am	Free	Gungahlin Child & Family Centre Ph: 62070120
Monthly on Thursdays	Topical talks for Terrific parents	Parenting information sessions designed to support mums and dads 3 Sept Developing bedtime Routines that Work for You 15 Oct Practical Behaviour Tips 5 Nov Toilet training	Child and Family Centre 1.00-2.30pm One evening session per term	Free	Tuggeranong Child & Family Centre Ph: 62078228



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Wednesdays, 7 th October to 28 th October OR Tuesdays, 13 th October to 4 th November, 2009	Strong Emotions and Family Relationships.	A four session group for dads wanting to use their strong emotions to build resilient and healthy relationships with children, partners and ex-partners...	Marymead 6.00pm – 9.00pm	\$20 \$10 conc. Dinner provided	Terry Norman Ph. 6162 5851
Tuesdays, 27 th October to 15 th December, 2009	Parenting for Positive Behaviours	A seven session group for mums wanting to strengthen their skills for encouraging positive behaviour in their children. Topics include the causes of problem behaviour, changing behaviour, encouraging desirable behaviour and managing inappropriate behaviour.	Marymead Lunch included 10 am – 1.30 pm	\$70/35 concession	Mary Ford Ph:6162 5872 Bookings essential
Thursdays, 5 th November to 26 th November OR 11 th November to 2 nd December, 2009	Parenting for Positive Behaviours	Having difficulty with your parenting role? Meet other dads who understand your situation and together discover skills to encourage positive behaviours in your children.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
Thursdays, 5 th November to 26 th November, 2009	Stress and Anger Management for Dads	Is balancing your competing roles as a nurturing father and family provider stressing you? Meet other dads facing similar dilemmas and together discover strategies for reducing stress.	Tuggeranong Community Centre.	\$40 conc Dinner provided	Terry Norman Ph. 6162 5851 & Comms @ Work
Tuesdays, 17 th November to 8 th December 2009	Managing your Anger Emotion	A four session group to help Dads understand and work with their anger emotion non-aggressively.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851
TBA	Enhancing Family Strengths Through Positive Parenting (EFS)	Sessions over five weeks cover: Positive Parenting, Promoting Children’s Development; Managing misbehaviour; Enhancing strengths, Planning ahead. For parents/guardians of children aged 2-12 years. Approach is through participation in small group work.	The University of Canberra Psychology Clinic 2 hour sessions	\$85.00 per parent/guardian or \$135.00 per couple	Psychology Clinic Ph: 6201 2883 (and leave a message)
Mondays, TBA	Time for me	A six week group-facilitated course for parents wishing to build stronger inter-family relationships. Participants are encouraged to learn new parenting skills and strategies and contribute their own solutions through shared group experience.	Gungahlin Community Centre 10am – 1pm	Gold Coin Donation	Gungahlin Family support. Ph 6123 4402

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Thursdays, coinciding with first public service pay day of month.	Over the Trolley:	A community education and outreach program for families in Gungahlin. Focuses on health promotion and education awareness providing to families. Various themes.	Gungahlin, Tuggeranong shopping centres.		Gungahlin Child and Family Centre Ph. 6207 0120
By appointment	Children's Behaviour and Well-being Clinic	Single session consultations with clinicians, for parents and children to identify concerns, provide information on child development and behaviours, discuss strategies to address the concerns, and support your family to link in with appropriate services.	Child and Family Centre Gungahlin Thursday afternoon	Free	Gungahlin Child and Family Centre Ph 6207 0120
TBA	Best Foot Forward	3 day course which offers a guide to young people's behaviour and aims to strengthen parent skills.	Child and Family Centre Gungahlin		Gungahlin Child and Family Centre Ph. 6207 0120

UNDER FIVES

Date	Course Name	Description	Venue/time	Cost	Contact
TBA	Parents as Teachers	Group sessions throughout 2009 focusing on the key areas of development at different ages and stages – from birth to 3 years.	TBA	Free	Tuggeranong Child and Family Centre Ph 6207 8228
TBA	Parent & Infant Relationship Support (PAIRS)	10 week program for mothers and babies for whom the experience of pregnancy, birth and parenting has been different and more difficult than they expected.	Child & Family Centre, Tuggeranong	Free	Tuggeranong Ph 6207 8228
Mondays 23 November – 14 December 2009	Self-Care for Mums	4 session group for Mums who have a busy life and find little time for themselves.	Marymead 10am-1.30pm	\$40. \$20 concession Lunch incl, assistance with transport and childcare if needed.	Marymead Mary Ford Ph: 6162 5872

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TBA	Relaxing into Parenting	A seven week program to support the psychological preparedness of parenting. Focuses on couple and extended family relationships, getting to know you baby, getting support and finding out about community resources.	TBA	Free	Canberra Mothercraft Society Emma Ph 6205 2333
TBA	Understanding grief when a baby dies.	This two hour session explores the impact of the unexpected death of a baby or a young child on parents, siblings, family and friends.	Northside, Southside and city Day or night	Free	Sids and Kids Ph 6287 4255
TBA	Early Pregnancy Loss: an unspeakable grief.	This two hour session explores the often unrecognised impact of the loss of a pregnancy before 20 weeks on individuals and relationships.	Northside, Southside and city Day or night	Free	Sids and Kids Ph 6287 4255
Fridays, School terms.	Latham Parents Group.	For parents of children attending Latham Primary School. Come along for a coffee and a chat. Guest speakers.	9.15 – 10.15am.	Free	BCS. Jacqui. Ph 6278 8100
Wednesdays, School terms	Paint and Play Ainslie	An outreach playgroup for children, parents and their carers. Bring your own smock. Kids do painting, play dough, stories and music. Adults join in, chat with others. Facilitated by ParentLine staff and volunteers. Bring own smock and hat.	Wakefield Gardens, Ainslie. 9.45 – 11.00 am.	Free.	ParentLine. Ph 6287 3833.
Tuesdays	Paint and Play Gungahlin	An outreach play group for children and parents of Gungahlin. Focus on children from 0 – 5. Bring your own hat and smock.	Ngunnawal Park. 9.45 – 11.00am		Gungahlin Child and Family Centre Ph. 6207 0120
Fridays.	Paint and Play, Tuggeranong	A fun time for kids aged 0 – 5 year and their parents to paint, do puzzles, meet other kids and play games. Parents can chat or join in. Grandparents and carers welcome.	Alternating - Richardson /Kambah 10 – 11.15		Tuggeranong Child and Family Centre. Ph: 6207 8228
Fridays	Paint and Play Florey	A fun time for kids aged 0 – 5 year and their parents to paint, do puzzles, meet other kids and play games. Parents can chat or join in. Grandparents and carers welcome.	Library courtyard, Florey Primary School 9.15am – 10.45am	Free	Schools as Communities Lisa Santos Ph: 62070120

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	Poppy Playgroup	A supported playgroup for parents to share experiences while having fun with children. For Mums and Dads with mental health issues.			Tuggeranong Child and Family Centre. Ph: 6207 8228
Thursdays 13 August – 13 October, 2009	Parent Support Group	Directions and Parentline are working to support mothers with Alcohol and other drugs issues to increase confidence and skills as parents.	Direction 1 Bradley Street, Woden 10.00 – 12.00pm Child care provided	No cost	Directions ACT Ineke Ph: 61228038
Wednesdays	Coffee & Playgroup Woden	New group for parents with alcohol & other drug issues providing a safe place for them and their children to have fun.	Directions 1 Bradley St, Woden 10.00 – 12pm	Free, morning tea/toys/activities provided	Directions ACT Ineke Ph: 61228038
	Learn, giggle and grow.	A supported playgroup where you can meet other mums and dads, share experiences while having fun playing with your children. For families 'doing it tough'.	Child & Family Centre, Tuggeranong	Free	Tuggeranong Child and Family Centre. Ph: 6207 8228
	New Parents Groups	Information and strategies for parents of babies up to 6 months.	Canberra Health Centres	Free	Child, Youth & Women's Health Program Ph: 6207 9977

PRIMARY SCHOOL

Date	Course Name	Description	Venue/time	Cost	Contact
Fridays in September	Triple P – Positive Parenting Program	A 4 week program, to help parents manage their children's behaviour in constructive ways, recognise causes of common child behaviour and encourage desirable behaviour in their children.	Wanniassa Primary School 9.30-11.30am	Free	Trudi or Justine Tuggeranong Child & Family Centre Ph. 6207 8228
TBA	Talk about weight.	A 2 week program for parents of 2-12 year olds who are concerned about their child being or becoming overweight.	Various, north and south side.	Free	ACT Health Ph 6207 9977.



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Thursdays (usually), school term	Managing Children's Behaviour	Workshops that look at ways of managing children's challenging behaviour.	Schools as Communities Centre, Queanbeyan.		Family Support Maureen Ph: 6297 2167.
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ADOLESCENTS

Date	Course Name	Description	Venue/time	Cost	Contact
Thursdays, 15 October to 3 December, 2009	Parent Effectiveness Training (P.E.T.) for Parents of Teenagers	A P.E.T. course focusing on the experiences of being a parent of an adolescent. Provides support and skills in forming respectful strong relationships with your teenager, dealing with resistance, resilience and values.	Family Relationships Centre, Woden 7-10.15pm	Sliding scale depending on income	Parentline Ph 6287 3833
Tuesday 20 October 2009 for 8 weeks.	Navigating Adolescence	A support and discussion group for parents of adolescents.	YWCA Civic 6.00pm – 8.30 pm	Free A light supper provided.	YWCA Ph 6258 5933
Wednesday 2 September 2009 for 3 weeks	Resourceful adolescent Program for parents (RAP-P)	Designed to help parents get their kids through adolescence.	Centacare 57 Hicks Street Red Hill 6-9pm	\$50 incl course materials & supper. Concessions avail.	Gayle Caragh Ph: 61626108

SUPPORT/DISCUSSION GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Each Wednesday	Majura Women's Group	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Childcare available.	Downer Community Centre 10 am to 12 pm	Low cost: Phone for details	Cath Ph 6255 8550
Each Tuesday	Brindabella Women's Group	Provides opportunities for women with children to meet, and discuss or participate in sessions on various topics. Childcare available.	Chisholm Community Centre 10.00am to 12 pm	Low cost: Phone for details	Kym Ph 61401490



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Last Thursday of the month	Parent Support Group	For parents who have suffered the sudden and unexpected loss of a young child up to six years.	Grant Cameron Centre, Holder. 6.30 – 8 pm	Please phone before attending.	Sids and Kids ACT Ph 6287 4255
Thursdays, for eight weeks Beginning 30 th July – 17 September 2009	Maysoon (“women walking proudly”)	This new course for women with young children provides support, knowledge and skills for women with alcohol and other drug issues.	Woden 10am – 1pm	Gold coin donation Includes lunch and free childcare.	Directions, ACT Ineke Ph 6122 8038

GROUPS FOR PARENTS OF A CHILD WITH A DISABILITY/SPECIAL NEEDS

Date	Course Name	Description	Venue/time	Cost	Contact
Mondays (Rivett) Tuesdays (Giralang) School terms.	My Time	A support group for parents/carers of children with a disability or chronic illness. Childcare provided.	Noah’s Ark Resource Centre Mondays 9.30-11.30am. Giralang Community Centre, Tuesdays 12.30 - 2.30pm	Free	Noah’s Ark Resource Centre Margaret Ph 6287 1117.
TBA	Pimples and Periods	An evening for girls with a disability and their parents and or carers, about puberty and period management.	Canberra City	Free	Sexual Health and Family Planning. Ph 6247 3077
3 rd Wednesday of the month.	Support Group for Parents of Children with special needs.	This support group is for parents of children 0 – 11 years who have special needs. Regular family gathering and sausage sizzle.	Schools as Communities Centre, Queanbeyan. 5.30-8.00 pm.		Family Support Maureen Ph: 6297 2167.



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GROUPS FOR SEPARATED AND SOLE PARENTS AND THEIR CHILDREN

Date	Course Name	Description	Venue/time	Cost	Contact
Thursdays, 17 th September to 8 th October, 2009.	Being a Separated Dad	This four session group is for dads who have separated from the mother of their children. The group will be looking at separation through men's eyes and how to develop a 'business relationship' with your ex partner.	Marymead 6.00pm – 9.00pm	\$40 \$20 conc. Dinner provided	Terry Norman Ph. 6162 5851 Bookings essential
School terms	K.I.D.S. Club (Kids in Divorce and Separation)	A six week course for primary school children.	Various venues during school term, depending on demand.	No cost. Interview essential for booking.	Canberra One Parent Family Support Ph: 6247 4282

CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) PARENTGROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Wednesdays, monthly	Supporting Asian Mothers (SAMS) Friendship group	A community group for all Asian mothers, single mothers and grandmothers, that meet for a meal, a chat, and other activities.	Pearce Community Centre 11.00am – 2.00pm	\$3.00 Includes lunch and morning tea.	Prillisia 0422 737 751
Thursdays, fortnightly	Multicultural Mothers Support Group	A community group for all mothers, single mothers and grandmothers.	Mura Lanyon Youth and Community Centre 11.30am – 1.30pm	Refreshment provided	Women's Centre for Health Matters Ph 62902166

YOUNG PARENTS GROUPS

Date	Course Name	Description	Venue/time	Cost	Contact
Tuesdays	STEPS program for young mothers.	An ongoing program for young women 12-21 who are pregnant and/or parenting and would like to build the skills and confidence to be positive parents. Includes personal development, relationship building and gaining access to education, employment & training.	Holt 10am - 1.00pm	Free Childcare provided	YWCA Gina Ph: 6175 9951
Tuesdays	Young Parent's Group	Bring your child along for a morning tea and learn from other young or expectant parents aged below 25 years.	MURA Youth and Community Centre.		Tuggeranong child and family centre.



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			Lanyon. 10.30-12.00		Ph: 6207 8228
Wednesdays	Young Parent's Group	Opportunity for young parents 12 to 25 years to meet and share information.	Ring for information	Free	Youth in the City Ph 6232 2444
Wednesdays during school term.	Young Parent's Support Group	An opportunity for pregnant and parenting young women and young fathers 25 and under to share their experiences and knowledge and to learn new skills in a fun and supportive environment.	Belconnen Youth Centre 10.00 am to 12.00pm	No cost	U-TURN Youth Services Ph: 6264 0260
Fridays	Young Parents' Group	Information and activities based social support group for young parents up to the age of 24.	Gungahlin Youth Centre 11.30am-1.30pm		Gungahlin Youth Centre Ph: 61234411
Fridays fortnightly	Gatherings in the park.	For young Koori families and carers with kids 0-8 years. Children's activities, free BBQ, learn about services in your community, network with other people in a relaxed environment.	Low St Park, Queanbeyan. 3 -5 pm	Free.	Queanbeyan Family Support. Ph 6228 9577.

GRANDPARENTS AND CARERS PROGRAMS

Date	Course Name	Description	Venue/time	Cost	Contact
Every second Wednesday of the month	Grandparents Raising Grandchildren	A program providing information and support to grandparents raising grandchildren. Monthly meetings with guest speakers and time to talk to other grandparents over lunch. Newsletter sent out monthly.	Marymead 12pm – 2.30pm	Lunch provided, support with transport and childcare	Marymead RSVP for catering Mary Ford Ph 61625872
Monthly Dates TBA	Kinship Carers Group	A group for people who look after children who are family but not your own children. This can be grandchildren, nieces, nephews, sister, brother etc.	Kippax health Centre 10am – 12.30pm		BCS & RA Helen Ph: 62788135
Mondays, weekly during term.	Announcing the Grand Jugglers	A course for grandparents and their children to enjoy learning and participating in circus skills together.	Chifley Community Centre 4.00pm-5.30pm	Free	Canberra Mothercraft Society Ph 61625872 ORWarehouse CircusPh:62603626

Canberra and region

PARENTING COURSE CALENDAR

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compiled by



6287 3833