

## Canberra and region

# PARENTING COURSE CALENDAR 2017

Compiled by Parentline ACT, 6287 3833

(This includes term 3 and some term 4 courses. We will update as more information becomes available)

<b>Date</b>	<b>Course name</b>	<b>Description</b>	<b>Venue</b>	<b>Time</b>	<b>Contact</b>
26 <sup>th</sup> July – 13 <sup>th</sup> September, Wednesdays	<b>Parent Effectiveness Training</b>	P.E.T. is an experiential, skills based course, teaching effective communication skills between children and parents, based on mutual respect. P.E.T. does not use rewards and punishment. Instead, it promotes consideration, resilience and emotional intelligence. Parents find they yell less and enjoy their children more. For cost enquiries please contact the course provider.	Weston Community Hub	6:30-9:45 pm	Larissa Dann: <a href="mailto:info@parentskills.com.au">info@parentskills.com.au</a>
17 <sup>th</sup> July - 7 <sup>th</sup> August Four Monday evenings	<b>Introduction to Anger Management</b>	A group for men wishing to manage their anger and make positive changes in their lives. Cost \$80/\$40 conc. Light dinner provided.	Marymead, Narrabundah	5:30-8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
18 <sup>th</sup> July – 8 August	<b>Parenting Skills for Dads</b>	A group for Dads to explore the role of fathers in the lives of their children,	Marymead, Narrabundah	5:30-8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>

Four Tuesday evenings		understanding the developmental and emotional needs of children and young people through the lens of attachment and strengthening family relationships. Cost \$80/\$40 conc. Light dinner provided.			
26 <sup>th</sup> July – 9 August Three Wednesday mornings	<b>Parenting Skills for Mums</b>	A group for Mums to explore the role of mothers in the lives of their children, understanding the developmental and emotional needs of children and young people through the lens of attachment and strengthening family relationships. Cost \$60/\$30 conc. Morning tea provided.	Marymead, Narrabundah	9:30 am-12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
27 <sup>th</sup> July – 10 <sup>th</sup> August Three Thursday mornings	<b>Parenting after Separation</b>	A group for parents who have separated from their partner. This group assists parents to explore the specific complexities of parenting children and young people, post separation. Cost \$60/\$30 conc. Morning tea provided.	Marymead, Narrabundah	9:30 am-12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
21 <sup>st</sup> August – 11 <sup>th</sup> September Four Monday evenings	<b>Accepting &amp; Valuing Strong Emotions</b>	A group for men wishing to manage their anger and make positive changes in their lives. Cost \$80/\$40 conc. Light dinner provided.	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>

22 <sup>nd</sup> August – 12 <sup>th</sup> September Four Tuesday mornings	<b>Working with Strong Emotions</b>	A group for women hoping to better understand strong emotions and build on positive family relationships. Cost \$80/\$40 conc. Morning tea provided.	Rheinberger Function Centre	9:30 am – 12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
23 <sup>rd</sup> August – 20 <sup>th</sup> September Five Wednesday mornings	<b>Hands on Parenting</b>	A group for parents to explore the developmental and emotional needs of children and young people through the lens of attachment and to build on parenting skills. Cost \$100/\$50 conc. Morning tea provided.	Rheinberger Function Centre	9:30 am- 12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
31 <sup>st</sup> August – 21 <sup>st</sup> September Four Thursday evenings	<b>Parenting after Separation</b>	A group for parents who have separated from their partner. This group assists parents to explore the specific complexities of parenting children and young people, post separation. Cost \$80/\$40 conc. Light dinner provided.	Rheinberger Function Centre	5:30-8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
9 <sup>th</sup> October – 30 <sup>th</sup> October Four Monday evenings	<b>Strong Emotions and Family Relationships</b>	A group for men wishing to manage their anger and make positive changes in their lives. Cost \$80/\$40 conc. Light dinner provided.	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
10 <sup>th</sup> October – 31 <sup>st</sup> October Four Tuesday	<b>Parenting Skills for Mums</b>	A group for Mums to explore the role of mothers in the lives of their children, understanding the developmental and emotional	Rheinberger Function Centre	9:30 am – 12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>

mornings		needs of children and young people through the lens of attachment and strengthening family relationships. Cost \$80/\$40 conc. Morning tea provided.			
11 <sup>th</sup> October - 9 <sup>th</sup> November Four Wednesday mornings	<b>Parenting after Separation</b>	A group for parents who have separated from their partner. This group assists parents to explore the specific complexities of parenting children and young people, post separation. Cost \$80/\$40 conc. Morning tea provided.	Rheinberger Function Centre	9:30 am – 12:00 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
12 <sup>th</sup> October – 9 <sup>th</sup> November Five Thursday evenings	<b>Hands on Parenting</b>	A group for parents to explore the developmental and emotional needs of children and young people through the lens of attachment and to build on parenting skills. Cost \$100/\$50 conc. Light dinner provided.	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
8 <sup>th</sup> November – 6 <sup>th</sup> December Five Wednesday mornings	<b>Hands on Parenting</b>	A group for parents to explore the developmental and emotional needs of children and young people through the lens of attachment and to build on parenting skills. Cost \$100/\$50 conc. Morning tea provided.	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
13 <sup>th</sup> November –	<b>Anger Management and Skills Development</b>	A group for men wishing to manage their anger and make	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>

4 <sup>th</sup> December Four Monday evenings		positive changes in their lives. Cost \$80/\$40 conc. Light dinner provided.			
14 <sup>th</sup> November – 5 <sup>th</sup> December Four Tuesday evenings	<b>Parenting Skills for Dads</b>	A group for Dads to explore the role of fathers in the lives of their children, understanding the developmental and emotional needs of children and young people through the lens of attachment and strengthening family relationships. Cost \$80/\$40 conc. Light dinner provided.	Rheinberger Function Centre	5:30 – 8:30 pm	Marymead Ph. 6162 5800 <a href="mailto:familyskills@marymead.org.au">familyskills@marymead.org.au</a>
19 & 26 July Two Wednesday afternoons	<b>Seasons for Growth Parent Program</b>	A small group program for 6- 12 parents developed to help parents reflect on the experience of separation and divorce from their children's perspective, and to explore ideas and strategies that might help support their child/ren through the changes happening in their family. Cost \$20. Participant journal and afternoon tea provided.	Community Hall at Canberra Baptist Church, 11 Currie Cres, Kingston	4:00-6:00 pm	Belinda Groves <a href="mailto:belinda@canbap.org">belinda@canbap.org</a>
24 <sup>th</sup> July Mondays	<b>Understanding Teens Parenting Program</b>	This program provides practical support to equip parents with communication skills and connect them to a supportive community of	PCYC Erindale Centre (Southside location)	7:00 pm – 9:00 pm	Canberra PCYC Ph. 6222 8100 <a href="mailto:referral@pcyc.net.au">referral@pcyc.net.au</a> or <a href="mailto:pamela.power@pcyc.net.au">pamela.power@pcyc.net.au</a>

		parents in similar situations. For cost enquiries please contact the course provider.			
26 <sup>th</sup> July Wednesdays	<b>Understanding Teens Parenting Program</b>	This program provides practical support to equip parents with communication skills and connect them to a supportive community of parents in similar situations. For cost enquiries please contact the course provider.	Melba Copland College Board Room, Senior Campus, Admin Block, Verbrugghen St (Northside location)	7:00 pm – 9:00 pm	Canberra PCYC Ph. 6222 8100 <a href="mailto:referral@pcyc.net.au">referral@pcyc.net.au</a> or <a href="mailto:pamela.power@pcyc.net.au">pamela.power@pcyc.net.au</a>
31 <sup>st</sup> July – 11 <sup>th</sup> September Seven Monday mornings	<b>Circle of Security</b>	This program provides opportunities to develop and enhance a secure relationship between parents and their children.  Parents will learn how to recognise, understand and meet their children's emotional needs in order to prevent and manage behavioural and emotional difficulties. This is an 8-week, small group program which uses observation, reflection, practice and discussion. The group is appropriate Parents of children aged 0–8 years. Cost – free.	Namadgi School, Kambah	10:00 am – 11:30 am	Marymead Ph. 1800 427 920 <a href="mailto:programs@marymead.org.au">programs@marymead.org.au</a>
2 <sup>nd</sup> August – 6 <sup>th</sup>	<b>Tuning in to Teens</b>	Tuning in to Teens is an evidence based parenting skills	Old Kippax Health Centre	3:30 pm – 5:30 pm	Belconnen Community Service Ph. 6278 8140

<p>September Six Wednesday afternoons</p>		<p>program that helps parents and caregivers of teenagers and young people (10+) to develop their reflective skills and responses to emotional situations.</p> <p>Through the process of 'emotion coaching' parents and caregivers will learn how to better understand their teens emotions and reflect in empathic ways that help build trust and stronger relationships now and into the future. Cost – free. All refreshments and workbook provided.</p>			<p><a href="mailto:Matthew.Arnaudon@bcsact.com.au">Matthew.Arnaudon@bcsact.com.au</a></p>
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