Parenting Solo
Do you feel exhausted trying to be mum and dad?
• How has the family relationship changed?
• Staying positive about yourself and your children
• Who supports you now?
• Looking after yourself
Term 2: Wednesday 7/5, 14/5 6 - 8pm
Term 4: Saturday 18/10 10 - 1
$20 per person

Connecting with Kids
For parents who, for any reason, live separately from their children for some or all of the time
• Emotional transitions: Regularly saying “hello” and “goodbye” to each other
• Managing the challenges of being apart and of being together
• Using your time together well and ways to stay connected when apart
Term 2: Tuesday 13/5, 20/5 1 – 3pm
Term 4: Tuesday 21/10, 28/10 10 – 12
$20 per person

we can come to you!
Most of our groups can be conducted within community and school settings and we are happy to tailor them to meet your specific needs.
Examples of other popular programs are:
• Little Kids with Attitude
• Tweens
• Bringing Baby Home
• Life in the Blender – Step families
• Couple Care
• Separation Recovery for Men

accessing services
To access any of our services, please call 5327 7960, or the Family Relationship Centre on 1300 303 988

people change and grow

program costs
For concession card holders, all group program fees are halved.
Staff will be able to provide additional information to you on the payment of fees with respect to your specific circumstances.

we all need support

family relationship services program
groups 2014

Centacare
Family Relationship Centre
34 Peel Street North, Ballarat,
PO Box 2537 Bakery Hill, 3354
Telephone: 1300 303 988 • Fax: (03) 5338 2899

Confidentiality

An Australian Government Initiative

Victoria Department of Education and Early Childhood Development

Centacare
Catholic Diocese of Ballarat Inc.
www.centacareballarat.org.au

Centacare, Catholic Diocese of Ballarat Inc.
ABN: 14 908 833 Registered Office: Victoria

“people change and grow”
Learning to Bloom
A program especially for women
- Staying in touch with your strengths
- Recognizing and accepting support
- Communicating assertively; setting boundaries

Term 1: Tuesday 4/2, 11/2, 18/2, 25/2 6 - 8pm
Term 2: Monday 5/5, 12/5, 19/5, 26/5 1 - 3pm
Term 3: Thursday 31/7, 7/8, 14/8, 21/8 10 - 12
Term 4: Tuesday 7/10, 14/10, 21/10, 29/10 6 - 8pm

$40 per person

Mindfulness & Managing Strong Emotions
- Emotions arise from the mind. Who is in charge of your mind & therefore, your emotions?
- What are your mind & emotions trying to teach you?
- How can you change and utilize your mind and emotions in healthy, helpful ways?

Term 2: Tuesday 6/5, 13/5, 20/5, 27/5 10 - 12
Term 4: Tuesday 4/11, 11/11, 18/11, 25/11 10 - 12

$40 per person

Separation Recovery
For individuals who have separated from their partner in the past 12 months.
- Understanding & coping with the emotional journey
- Dealing with the grief many experience after separation
- Looking after yourself
- Looking to the future - how to re-establish life as a single person

Term 1: Wednesday 12/3, 19/3, 26/3, 2/4 10 - 12
Term 2: Monday 5/5, 12/5, 19/5, 26/5 6 - 8pm
Term 3: Tuesday 5/6, 12/6, 19/6, 26/6 1 - 3pm
Term 4: Monday 5/10, 13/10, 20/10, 27/10 6 - 8pm

$40 per person

Bringing Up Great Kids
A reflective parenting program developed by the Australian Childhood Foundation
- Building supportive parent-child relationships
- Exploring messages and beliefs we bring to our experience of parenting
- Understanding the world through our children’s eyes

Term 1: Saturday 22/2 10 - 3.30
Term 2: Monday 28/4, 5/5, 12/5, 19/5, 26/5, 2/6 6 - 8pm
Term 3: Saturday 23/8 10 - 3.30
Term 4: Thursday 16/10, 23/10, 30/10, 6/11, 13/11, 20/11 6 - 8pm

$60 per person

Tuning in to Kids
For parents and caregivers of children up to 12 years of age
- Raising emotionally intelligent children
- Understanding your child’s emotions
- Problem solving

Term 1: Tuesday 11/12, 18/12, 25/12, 4/1/13, 11/13, 18/13 10 - 12
Term 2: Saturday 24/5 10 - 3.30
Term 3: Monday 11/5, 18/5, 25/5, 1/6, 8/5, 15/5 6 - 8pm
Term 4: Saturday 26/10 10 - 3.30

$60 per person

Tuning in to Teens
- How to raise emotionally intelligent children
- Connecting, accepting and understanding your teen
- Emotion coaching worry, sadness and anger in teens

Term 1: Saturday 15/3 10 - 3.30
Term 2: Wednesday 21/5, 28/5, 4/6, 11/6, 18/6, 25/6 6 - 8pm
Term 3: Saturday 9/8 10 - 3.30
Term 4: Tuesday 4/11, 11/11, 18/11, 25/11, 2/12, 9/12 6 - 8pm

$60 per person

Managing Kids with Attitude
- Children’s behaviour at various ages and stages that challenge us as parents
- Understanding our response to this behaviour
- Is there a better way to respond?

Term 1: Tuesday 18/3, 25/3 6 - 8pm
Term 3: Tuesday 22/7, 29/7 1 - 3pm

$20 per person