

family & relationship services newsletter

June/July 2017 Gold Coast Programs



Parenting Programs

Keeping Kids in Mind

Helps separated parents minimise the impact of ongoing conflict on children, promotes co-parenting relationships, and provides opportunities to gain insights, skills and strategies to refocus on their children's needs.

- **Monday 10th July (5 weeks)** 5:30pm - 8pm
50 Fairway Dr, Clear Island Waters QLD FREE
- **Wednesday 12th July (5 weeks)** 10am - 12:30pm
50 Fairway Dr, Clear Island Waters QLD FREE

123 Magic & Emotion Coaching

Provides parents with ideas and strategies to help them respond to and manage emotions and challenging behaviours in children aged 2-12 years.

- **Thursday 13th July (3 weeks)** 10am - 12:30pm
Fairway Dr, Clear Island Waters QLD FREE
- **Tuesday 25th July (3 weeks)** 5:30pm - 8pm
Fairway Dr, Clear Island Waters QLD FREE

Triple P

Promotes a positive, behavioural parenting approach to managing children's behaviours.

- **Monday 17th July (4 weeks)** 10am - 12:00pm
50 Fairway Dr, Clear Island Waters QLD \$25

Youth Holiday Programs

Empowering Girls

Three day holiday program that addresses self esteem, body image, communication skills, healthy relationships, and stress. Includes fun activities such as **Yoga** and **Self Defense**.

- **28th, 29th, & 30th June** 9:30am - 4pm
Ages: 13-15 year old
\$40 – incl. morning tea, lunch, afternoon tea and all activities.
50 Fairway Dr, Clear Island Waters QLD

Children First

Three day holiday program that provides young people with an opportunity to express their thoughts, feelings and experiences of living in foster, kinship and residential care. Includes fun activities such as **Self Defense**.

- **4th, 5th & 6th July** 9:30am - 3pm
Ages: 9-11 year olds (Male & Female)
\$40 – incl. morning tea, lunch, afternoon tea and all activities.
50 Fairway Dr, Clear Island Waters QLD



For enquiries or to register please phone (07) 5527 7211