

Gold Coast family & relationship services newsletter January to June 2019



family & relationship services

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 re-focus on children's needs.

Workbook: \$10

Monday 4th February 2019 (5 wks)	10:00am-12:30pm
Tuesday 5th February 2019 (5 wks)	5:30pm—8:00pm
Monday 11th March 2019 (5 wks)	10:00am—12:30pm
Tuesday 12th March 2019 (5 wks)	5:30pm— 8:00pm
Monday 20th May 2019 (5 wks)	10:00am-12:30pm
Tuesday 21st May 2019 (5 wks)	5:30pm—8:00pm

123 Magic

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

Workbook: \$25

Thursday 14th March (3 wks)	9:30am - 12:00pm
Thursday 9th May (3 wks)	9:30am - 12:00pm

Engaging Adolescents

Supports parents to increase their confidence and satisfaction when parenting adolescents aged 10 years+ by learning how to resolve challenging behaviours and strengthen connections.

Workbook: \$25

Thursday 14th February (3 wks)	9:30am - 12:00pm
Thursday 13th June (3 wks)	9:30am - 12:00pm

Youth Programs

Children First

Program for children who are adjusting to family life after parental separation or divorce. Includes art activities to explore changes to our families, living in 2 homes, coping with feelings, communication skills, looking after ourselves and moving forward.

School Holiday Programs

7-12yrs Total cost: \$40 (food provided)

Wednesday 10th April—Thursday 11th April	9:30am - 3:00pm
Wednesday 3rd July—Thursday 4th July	9:30am - 3:00pm

All programs are held at

50 Fairway Dr, Clear Island Waters QLD

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