



TERM 1, 2021

BOOK ONLINE: www.familyconnectgc.org.au/bookings

ONLINE : FREE PARENTING & LIFE SKILLS PROGRAMS

FREE PARENTING PROGRAM



4 session program

This four session program is for parents and carers of children aged 0-12 years old. It will help you understand children's misbehaviours and provide you with strategies to develop and foster emotional resilience, respect, cooperation and responsibility in your children.



Parenting Made Easier

Starts February 2021

FREE PARENTING PROGRAM



6 session program

A six session program designed for parents/carers & educators of preteens and teens aged 10 and over. The program aims to foster connection by providing adults with a greater understanding of a teen's emotional experience, while teaching skills that may assist in being supportive, empathic, and staying connected to the young person.



Tuning in to Teens

Starts February 2021

ONSITE : FREE PARENTING AND LIFE SKILLS

FREE PARENTING PROGRAM



3 session program

Childminding Available \$5/child or \$7 for 2 children

A three-session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and early intervention. A great framework that preserves the dignity of the child and the adult.

123 Magic & Emotion Coaching

Fridays, 12 - 26 February 9:30 am-11.30 am

FREE PARENTING PROGRAM



6 session program

Childminding Available \$5/child or \$7 for 2 children

This six-session program teaches parents/ carers of 3 – 12 year old children how to become their child's emotion coach. Help your child build resilience through understanding and managing their emotions. Suitable for parents of children with anxiety, emotional & behavioural issues.

Tuning In To Kids

Tuesdays, 23 February - 30 March 9:30 am-12 pm

FREE PARENTING PROGRAM



5 session program

Childminding Available \$5/child or \$7 for 2 children

This five-session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/carers of 0 – 10 year old children. Also suitable for parents whose children have emotional & behavioural issues.

Circle Of Security

Thursdays, 4 March - 1 April 9:30 am-12 pm

FREE PARENTING PROGRAM



4 session program

Childminding Available \$5/child or \$7 for 2 children

A four session program filled with information about anger – what it is, how it impacts on our lives and relationships; and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.

Anger Management & Conflict Resolution

Wednesdays, 10 February - 3 March 6 - 8.30 pm

FREE PARENTING PROGRAM



4 session program

Childminding Available \$5/child or \$7 for 2 children

This four week program is designed to help you feel more in control of the choices you make. You will feel better about yourself, your confidence will increase, and you will be able to work more effectively to achieve your life goals.

Assertiveness

Fridays, 5 - 26 March 9:30 am-12 pm



Oxenford/Coomera Community and Youth Centre (OCCYC)

25 Leo Graham Way, Oxenford

P: (07) 5529 8087

E: office@youthcentre.org.au

www.youthcentre.org.au



PROGRAMS AND SERVICES

Online: Parenting and Life Skills Programs

Free online programs are delivered through weekly videos and resource materials. Each module must be completed before the next one will be available. Participants are encouraged to send any questions via email to family@youthcentre.org.au where our trained facilitators will respond and offer assistance. See program list on the next page.

Book online at www.familyconnectgc.org.au/bookings

Onsite: Parenting and Life Skills Programs

Free onsite programs are delivered in a group setting onsite at the Oxenford/Coomera Community and Youth Centre (OCCYC), 25 Leo Graham Way, Oxenford. Childminding is available. See program list on the next page.

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Childminding

Child minding is available for parenting programs conducted at OCCYC - \$5 per child, \$7 for two children per session. Bookings are essential places are limited.

Book online at www.familyconnectgc.org.au/bookings



EARLY YEARS HUBS

Educational, interactive, facilitator supported playgroups for parents and children 0-5 years.

Join us for singing, dancing, Read & Grow, craft and Jumping Jim kids sports.

Oxenford & Coomera



FREE* FAMILY SUPPORT AND COUNSELLING SERVICES

Relationship issues
Depression
Anger Management
Mental Health issues
Addictions
Anxiety

**Criteria applies*

What people are saying about our programs...

"This has changed my life! So confronting but have taken great joy from this. It has already helped my other relationships" - Circle of Security, Nov 2020

"This was the best thing I have done since becoming a parent!" 123 Magic, Nov 2020



Find us on
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www.facebook.com/FamilyConnectGC

Communities for Children is funded by the Australian Government
Department of Social Services and facilitated by Uniting Care Community.