WOLLONGONG TERM 3, 2012

LIFT

A Therapeutic group for men and women experiencing anxiety and/or depression. Explore thoughts & feelings in a safe & friendly environment. Set goals in line with your values to increase involvement in pleasurable activities & exercise & improve your nutrition & sleep.

Presents principles from both Cognitive Behavioural Therapy (CBT) & Acceptance and Commitment Therapy (ACT).

CatholicCare, 25-27 Auburn St, **Wollongong**
5 Thursday Mornings 10am-12.30pm
2, 9, 16, 23 & 30 August
Workshop Fee: $100-paid at the first session

MY KIDS AND ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources and to develop relationships with their children.

CatholicCare, 25-27 Auburn St, **Wollongong**
6 Tuesday Afternoons 12noon- 2:30pm
24, 31 July, 7, 14, 21 & 28 August

Workshop Fee: $60

KIDS AND BULLYING

This course aims to help parents better understand a range of issues associated with bullying, and to equip them with strategies on how best to deal with them.

CatholicCare, 25-27 Auburn St, **Wollongong**
2 Thursday Mornings 10am-12:30pm
13 & 20 September

Workshop Fee: $20

123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

CatholicCare, 25-27 Auburn St, **Wollongong**
3 Wednesday mornings 10am-12:30pm
25 July, 1 & 8 August **OR**
3 Tuesday Afternoons 12noon-2:30pm
4, 11 & 18 September

Workshop Fee: $30

KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional & practical issues of parenting after separation.

Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs & impact on children.

CatholicCare, 25-27 Auburn St, **Wollongong**
5 Wednesday Evenings 7pm-9:30pm
25 July, 1, 8, 15 & 22 August

Workshop Fee: $50

WORKSHOP BOOKINGS

For bookings or information call:

Campbelltown 4628 0044
Wollongong 4227 1122
Nowra 4421 8248

CatholicCare
Diocese of Wollongong

Other workshops may be available on request.

Limited childcare may be available for some workshops

TURBULENT TWEENS

Facilitated using interactive exploratory techniques to ensure participants leave with a greater understanding of what it's like for the 'TWEEN" and how to better relate to them.

Definition of Tweens is 9-12 Years old

CatholicCare, 25-27 Auburn St, **Wollongong**
2 Thursday mornings 10am-12:30pm
19 & 26 July

Workshop Fee: $20

GRASSROOTS PARENTING

This program for parents of children 0-12 give parents an understanding of children's behaviour, provides strategies for effective discipline, encourages positive behaviours and builds resilience and self esteem in families. Each of the 8 sessions is self contained. Pick which sessions you would like to attend.

Session 1: Seedlings - 10 August
For parents of babies, 0-1 years old
Session 2: Sprouts - 17 August
For parents of toddlers, 1-4 years old
Session 3: Preparing The Soil - 24 August
Understanding children's behaviour and parent traps
Session 4: Planting The Seed - 31 August
Communication building, and getting children to listen
Session 5: Pruning & Training - 7 September
Encouraging desired behaviours
Session 6: Getting To The Root of the Problem - 14 September
Strategies for challenging behaviours in children
Session 7: Encouraging Blooms - 21 September
Building family resilience and handling conflict
Session 8: Nurturing the Gardener - 28 September
Looking after yourself and building assertiveness skills

CatholicCare, 25-27 Auburn St, **Wollongong**
8 Friday Mornings 10am-12:30pm

Workshop Fee: $10 per session