

Family Relationship Early Intervention Service

Education and skills Training

January – June 2010

Course	Outline	Date & Time
Most courses will be run twice in semester one.		
Parenting after Separation No child minding available Cost: \$10 per person per session	This is an eight week course that will provide information and support for parents who are separated. There will be a time for group discussion & sharing	Thursdays February: 4,11,18 & 25 March: 4,11,18 & 25 Time: 9am – 11:00am OR April: 29, May: 6,13,20 & 27 June: 3,10 & 17 Time: 9am – 11:00am
Three Choices- Incorporating 1-2-3 Magic & Emotion Coaching Child minding available - gold coin donation Cost: \$10 per person per session	This three week program is designed to assist parents and caregivers of 2 - 12yr old children: <ul style="list-style-type: none"> • Increase their knowledge about what works in managing difficult behaviour • Lessen their feelings of frustration • Get better results with less effort and stress 	Tuesdays February:9,16 & 23 Time: 10am-12 Noon OR April: 27, May 4 & 11 Time: 10am – 12noon
Dads & Kids – Childcare Skills for Separated Dads No childminding available Cost: \$10 per person per session	This three week course will equip Dads to better manage the care of their babies, toddlers & preschoolers. Topics that will be covered include feeding, sleeping, bathing, eating & having fun with your youngster & how to play with them so you both enjoy it! You are invited to bring your child to the third session.	Tuesdays February: 23 & March: 2,9 Time: 5pm-6:30pm OR June: 1,8 & 15 Time: 5pm – 6:30pm
Engaging Adolescents Child minding available - gold coin donation Cost: \$10 per person per session	This is a three week course on how to avoid nagging your teenagers and begin to relate to them in a firm yet loving and respectful way. This course will give you a plan for having that crucial talk with them when they have crossed the line and you need to address their behaviour with them.	Tuesdays March: 16,23,30 Time: 10am-12noon OR June: 1,8 & 15 Time: 10am – 12noon
Using Anger Constructively No child minding available Cost: \$10 per person per session	This four week course examines the nature of anger as a response to pain or frustration. Participants will learn techniques for managing stressful situations and put in place strategies to use anger as a constructive emotion in their lives.	Fridays Feb: 19 & 26 & Mar: 5 & 12 Time: 10am – 11:30am OR May 7,14,21 & 28 Time: 10am-11:30am
Letting Go And Beginning Again No child minding available Cost: \$10 per person per session	This two hour workshop will explore the nature of personal loss and grief and assist participants put in place strategies which will enable them to build a new life-giving sense of wellbeing after having experienced the trauma of loss.	Fridays March 19, Time: 10am – 12noon OR June 11, Time: 10am – 12noon
Relating To People Who Frustrate You No child minding available Cost: \$10 per person per session	This two hour workshop will examine ways of relating more effectively with people who frustrate us. Participants will be helped to build on their strengths to develop communication and confrontation strategies as well as personal development skills.	Friday June 25, Time: 10am – 12noon
Be Patient I'm About To Bloom No child minding available Cost: \$10 per person per session	This two hour workshop will assist participants to come to an understanding of self esteem, learn strategies to counter negative self talk and to develop communication skills which will help them better relate to others in social situations, the workplace and within their families.	Fridays March 26, Time: 10am – 12noon OR June 18, Time: 10am – 12noon
Bookings Essential: 9895 8054	Venue: ANGLICARE FREI	18 Parkes Street Parramatta