



...always be courageous, stand upright and be strong. May your hands always be busy. May your feet always be swift. May you have a strong foundation when the winds of changes shift. May your heart always be joyful. May your song always be sung,  
*and may you stay forever young*



Image credit: @BrooksRice on Unsplash

# PARENTING PROGRAMS AT HOME

## ALL DELIVERED VIA ZOOM

Our Naremburn, Northern Beaches and Waitara Family Centres are delighted to provide a suite of parenting programs across October & November. Places are limited so please secure your spot as soon as possible and feel free to share with your friends and family. Those residing in Northern Sydney suburbs will be given priority.

## WHAT YOU WILL NEED

Computer or laptop users will need a camera on this device, access to the internet and sound. Mobile or tablet users will need to download the free zoom app and have video, sound and internet.

### CIRCLE OF SECURITY

A 7 week program for parents of 0 – 5 year olds. Focuses on how you can strengthen your relationship with your children by understanding and responding to your children’s needs and behaviours. For further info visit [www.circleofsecurity.net](http://www.circleofsecurity.net)

#### Fraturdays

16, 23, 30 Oct & 6, 13, 20, 27 Nov 2020  
 10.00am – 12.00pm  
 FREE

### TUNING INTO KIDS

A 6 week program for parents of primary school children. You will learn how to be better at talking with and understanding your child, help your child learn to manage their emotions, prevent behaviour problems in your child and teach your child to deal with conflict.

#### Tuesdays

20, 27 Oct & 3, 10, 17, 24 Nov 2020  
 10.00am – 12.00pm  
 FREE

### TUNING INTO TEENS

A 6 week parenting program for parents of teens aged 10 – 18 years. Discover emotionally intelligent parenting including communicating more effectively with your teen, understand them better, help manage their emotions and prevent behaviour problems.

#### Wednesdays

21, 28 Oct & 4, 11, 18, 25 Nov 2020  
 6.00pm – 8.00pm  
 FREE

### KEEPING KIDS IN MIND

A 5 week course for parents experiencing conflict after separation. This course is designed to assist parents to see through their children’s eyes the experience of parental separation. You’ll also develop a greater understanding about how to support your children.

#### Tuesdays

27 Oct & 3, 10, 17, 24 Nov 2020  
 6.00pm – 8.30pm  
 \$100

**BOOKINGS ESSENTIAL**

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**CatholicCare**  
 Diocese of Broken Bay