

TERM 2 2024

**At Centacare South West NSW  
we are passionate about supporting  
all people in our community.  
We are part of Wagga Wagga, Albury,  
Griffith, Mulwala & surrounding communities.  
We believe in wellbeing for all.**

#### **ANGER MANAGEMENT**

Offering you greater awareness and understanding of how your brain works, what lies beneath your anger, and how grief and loss impact anger. This course is especially suitable for separated parents who have been court-ordered or legally recommended.

#### **PARENT TRAINING IN BEHAVIOUR MANAGEMENT**

Parents will learn the basics of behaviour management and how to apply these skills effectively and consistently to increase parenting and carer confidence in managing challenging behaviours.

#### **KEEPING KIDS CALM**

This program helps parents/carers to understand their children's emotions and behaviour and offers strategies on how to help their child be calm and better manage challenging behaviours.

#### **KEEPING KIDS IN MIND**

This course is for parents who have separated and are having a difficult time managing conflict between each other. It also aims to help parents support their children through their experience of separation.

#### **1-2-3 MAGIC AND EMOTION COACHING**

An education course for parents/carers about how to manage difficult behaviour in children aged 2-12 years old.

#### **ENGAGING ADOLESCENTS**

This course teaches parents and carers strategies for how to have challenging conversations with their teenagers about their behaviour.

#### **PARENTING CHILDREN WITH ADHD**

The goal of this course is to inform and empower parents/carers to work together with their child to cope with the challenges of ADHD. This course provides practical, workable strategies that will make a difference in the lives of all family members.

#### **NDIS – NATIONAL DISABILITY INSURANCE SCHEME**

Centacare Southwest NSW is a registered National Disability Insurance Scheme provider. Our NDIS Team have knowledge and expertise in all plan areas, including Coordination of Supports, Positive Behavioural Support & Delivery of Services.

#### **SUPPORT WITH YOUR RELATIONSHIPS**

We offer individual, couples and family counselling to help support, strengthen and improve relationships.

#### **SUPPORT FOR YOUR MENTAL HEALTH**

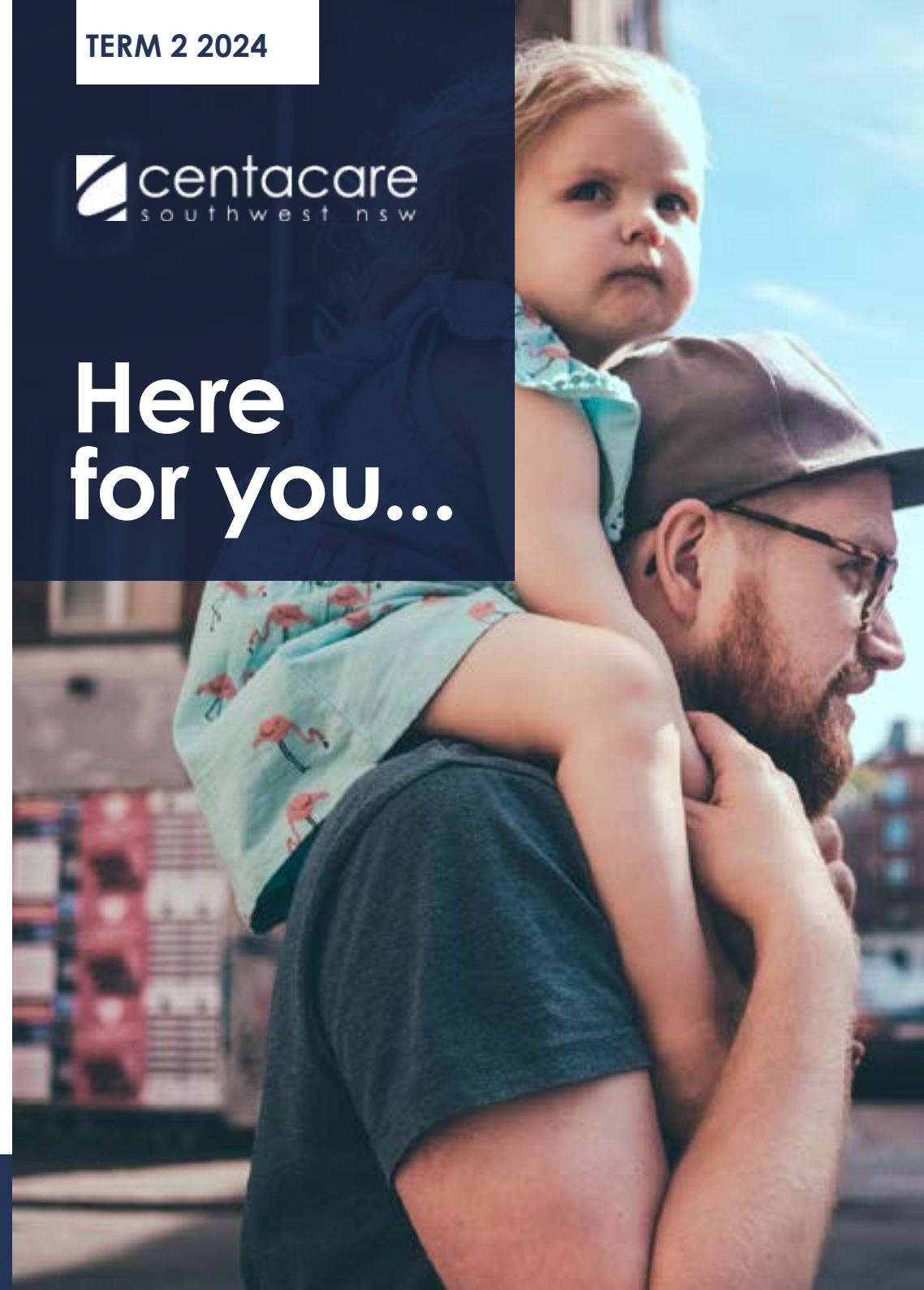
Speak confidentially with one of our professional counsellors or psychologist who are skilled in helping people to improve their mental health and wellbeing.



# Here for you...

**Book today**

Call 1300 619 379  
Website: [centacareswsw.org.au](http://centacareswsw.org.au)



## TERM 2 TIMETABLE 2024

PROGRAMS	WHERE	WHEN	TIME	FEES	FACILITATOR	ABOUT
123 Magic & Emotion Coaching	Online via Microsoft Teams	Thursday 2nd, 9th, 16th May Registrations close: Thursday 18th April	12:00pm 2:00pm	S\$80 C\$50	Keryn & Mitch	A program, for parents/ carers about resolving difficult behaviour in children aged 2-12 years old.
Caring Dad's	Face to Face Riverina Calvary Drug & Alcohol Centre, 1 Emblen Street, Wagga	6th May – to be held every Monday and Wednesday (twice weekly). 12 sessions to conclude on Monday 17th June (excluding Public holiday 10/6/2024). Registrations close: 22nd April	1:00pm 3:30pm	FREE	Maree & Keryn	This program is designed to support men to develop child-centred fathering skills & stop controlling, unhealthy behaviours.
Parent Seminar- What's behind the Behaviour?	Online via Microsoft Teams	Tuesday 7th May Registrations close: Tuesday 23rd April	11:00am 1:00pm	FREE	Maree & Keryn	Focuses on why children behave the way they do, and how to create your own toolkit of helpful ideas to promote positive behaviour.
Parent Seminar- Parenting Through Separation	Online via Microsoft Teams	Wednesday 15th May Registrations close: Wednesday 1st May	11:00am 1:00pm	S \$30 C \$15	Maree & Tammy	Supports parents to better understand and manage changes and challenges in family circumstances when faced with separation.
Keeping Kids Calm	Online via Microsoft Teams	Tuesday 21st, 28th May & 4th June Registrations close: Tuesday 7th June	11:00am 1:00pm	S \$30 C \$15	Maree & Emilie	This interactive workshop aims to enhance parents/ carers understanding of their children's emotions and behaviour.
Anger Management	Online via Microsoft Teams	Thursday 6th, 13th, 20th, 27th June & 4th July Registrations close: Thursday 23rd May	6:00pm 8:00pm	S \$110 C\$65	Tammy & Stina	This program helps support people to understand & cope with their feelings of anger.

**Book today**

S = Standard C = Concession Prices

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