

**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.
We run courses in...**

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.

ENGAGING ADOLESCENTS

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

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

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.

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.

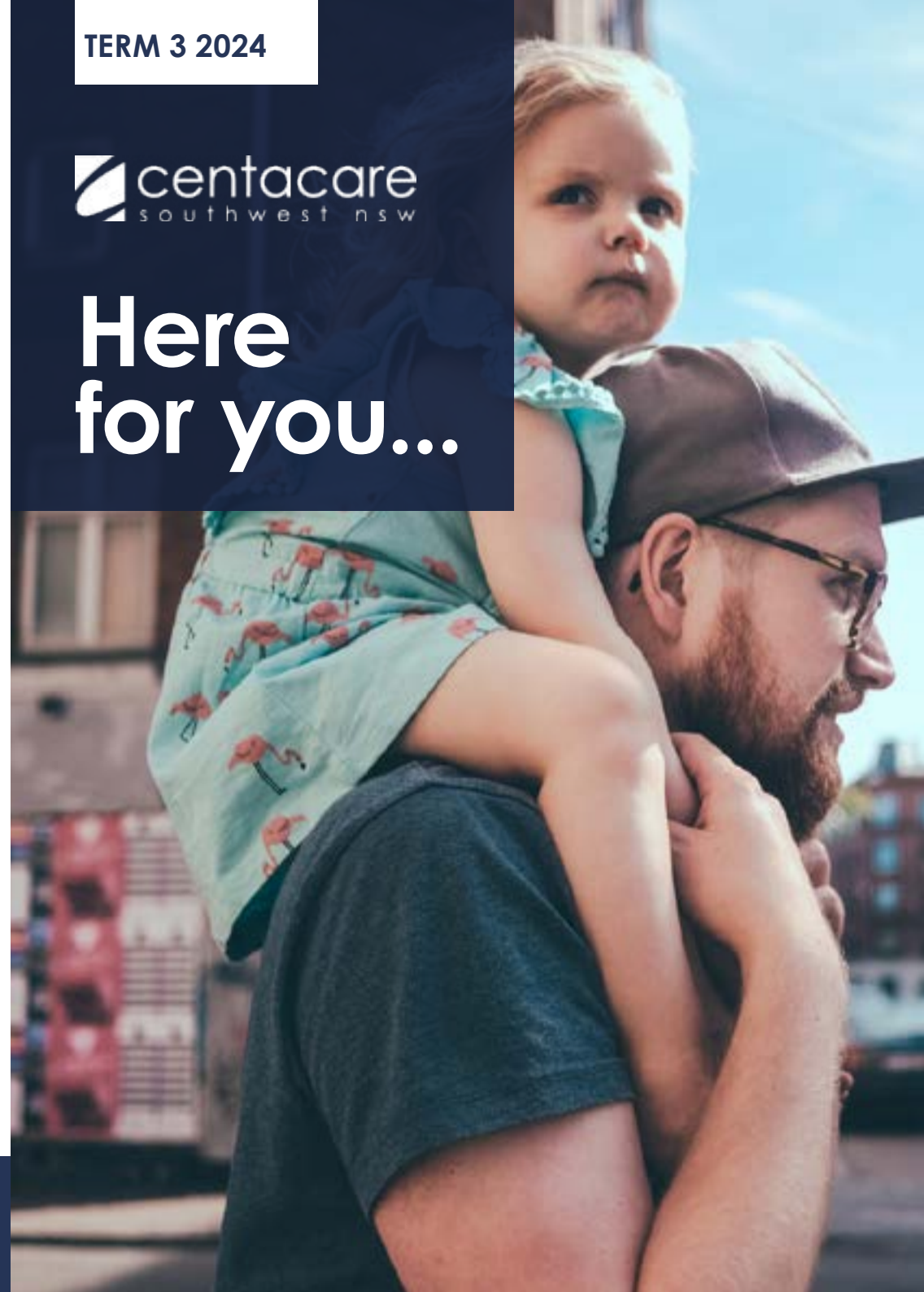
TERM 3 2024



Here for you...

Book today

Call 1300 619 379 or email
info@centacareswsw.org.au



TERM 3 TIMETABLE 2024

PROGRAMS	WHERE	WHEN	TIME	FEES	FACILITATOR	ABOUT
Anxiety Coach	Online via Microsoft Teams	Friday 9th, 16th & 23rd August. Registrations close: Friday 26th July.	11:00am 1:00pm	FREE	Mieke and Mitch	An education course for parents/carers about reducing anxiety and building resilience in 2-12 year old children.
Parenting Children with ADHD	Online via Microsoft Teams	Monday 29th July, 5th and 12th August. Registrations close Monday 15th July.	6:00pm 8:00pm	S \$70 C \$50	Maree, Tammy and Mieke	This program aims to give parents and carers an understanding of what ADHD is, its nature and how it impacts on the child and his/her family.
Anger Manangement	Online via Microsoft Teams	Wednesday 28th August, 4th , 11th, 18th and 25th September. Registrations close Wednesday 14th August.	11:00am 1:00pm	S \$120 C \$70	Tammy and Stina	This program helps support people to understand & cope with their feelings of anger.
Keeping Kids in Mind	Online via Microsoft Teams	Thursday 29th August, 5th, 12th, 19th and 26th September. Registrations close: Thursday 15th August.	11:00am 1:00pm	S \$120 C \$70	Dan Mahon and Viv	This program is for separated parents who are experiencing ongoing conflict.
Engaging Adolescents	Online via Microsoft Teams	Thursday 5th, 12th and 19th September. Registrations close: Thursday 22nd August.	12:00pm 2:00pm	S \$70 C \$50	Keryn and Mitch	An education course for parents/carers about resolving difficult behaviours in teenagers.

Book today

S = Standard C = Concession Prices

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