

**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 4 2024



Here for you...

Book today

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



TERM 4 TIMETABLE 2024

PROGRAMS	WHERE	WHEN	TIME	FEES	FACILITATOR	ABOUT
Keeping Kids Calm	Online via Microsoft Teams	Wednesday 16th, 23rd 30th October. Registrations close: Wednesday 2nd October.	11:00am 1:00pm	S \$70 C \$50	Mieke and Tammy.	This interactive workshop aims to enhance parents/carers understanding of their children's emotions and behaviour.
Autism: What's My Superpower	Online via Microsoft Teams	Monday 28th October 4th, 11th November. Registrations close Monday 14th October.	6:00pm 8:00pm	S \$120 C \$70	Maree, and Tammy.	This program has been designed to give parents and carers an understanding of what Autism is, its nature and how it impacts on the child and their family.
Keeping Kids in Mind	Online via Microsoft Teams	Thursday 7th, 14th, 21st, 28th November 5th December Registrations close Thursday 24th October.	11:00am 1:00pm	S \$120 C \$70	Tammy and Dan M.	This program is for separated parents who are experiencing ongoing conflict.
Anger Management Coaching	Online via Microsoft Teams	Wednesday 13th, 20th, 27th November & 4th, 11th December Registrations close: Wednesday 30th October.	11:00am 1:00pm	S \$120 C \$70	Stina and Maree.	This program helps support people to understand & cope with their feelings of anger.
Whats Behind the Behaviour	Online via Microsoft Teams	Thursday 21st November Registrations close: Thursday 7th November	5:00pm 7:00pm	FREE	Keryn and Dan W.	Focuses on why children behave the way they do, and how to create your own toolkit of helpful ideas to promote positive behaviour.
Families Connect Seminar	Online via Microsoft Teams	Monday 2nd December Registrations close: Monday 18th November	11:00am 1:00pm	FREE	Tammy and Meike.	Supports families to connect on a range of different topics relating to children and parenting.

Book today

S = Standard C = Concession Prices

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