

# TIME TABLE

PROGRAM TITLE	DATES	TIMES	DELIVERY	DESCRIPTION
Anxiety Coach	February 5th-19th	11am - 1pm	Online	Reducing anxiety & building resilience in children aged 2-12
Keeping Kids in Mind	February 6th - March 6th	5.30pm - 8pm	Online	Supporting parents through co-parenting after separation.
Self-care in Tough Times	February 11th	12:30pm - 2:30pm	Online	Will help you prioritise selfcare, providing practical tools to recharge, connect.
Anger Management Coaching	February 18th - March 11th	6pm - 8pm	Online	Helping manage anger & its impact on family dynamics.
What's Behind the Behaviour	March 6th	11am - 1pm	Online	Understanding children's behaviour & creating positive strategies.
Parenting Children with ADHD	March 24th-April 7th	6pm - 8pm	Online	Parenting strategies for children with ADHD.
Baby Brains Seminar	April 30th	11am - 1pm	Online	Insights into healthy brain development in children.
Keeping Kids in Minds	March 13th - April 10th	10.30am - 1pm	Face to Face Griffith	Supporting parents through co-parenting after separation.
Keeping Kids in Minds	May 1st - 29th	11.30am - 2pm	Online	Supporting parents through co-parenting after separation.
Autism: What is my Superpower	May 5th -19th	6pm - 8pm	Online	Learn about Autism & the affects children & families
123 Magic & Emotion Coaching	May 29th - June 12th	11am - 1pm	Online	Resolve difficult behaviour in children aged 2-12 years old.
Parenting through Separation Seminar	June 2nd	11am - 1pm	Online	Understand & manage challenges in family circumstances when faced with separation.
Bringing Up Great Kids	June 4th - 25th	11am - 2pm	Face to Face Wagga	Is designed to promote & support respectful, caring relationships between parents & their children.
Self-care in Tough Times	June 13th	11am - 1pm	Online	Will help you prioritise selfcare, providing practical tools to recharge, connect.
Anger Management	June 16th - July 14th	11am - 1pm	Online	Helping manage anger and its impact on family dynamics.
Power of Connection Seminar	June 20th	11am - 1pm	Online	Developing positive relationships with your child.



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PROVIDER

SCAN FOR MORE  
DETAILS  
AND REGISTER



# SERVICE OVERVIEW

**AS A SOCIAL SERVICE AGENCY, WE EXIST TO MAKE A POSITIVE DIFFERENCE IN ALL PEOPLE'S LIVES.**

## About Us

Our psychology, counselling, NDIS, school wellbeing and education programs support children, adults and families across the South West NSW region.

## Mental Health

We offer a range of generalist and specialty counselling services to support and guide individuals, couples, families, children and youth through life's challenges.

## NDIS

At Centacare, we empower you to navigate your NDIS journey with confidence. As a registered NDIS provider, our expert team will, guide you through every aspect of your plan.

## School Wellbeing Support

Our School Wellbeing Practitioners work with Pre, Primary and High School students and their parents and educators in the Murrumbidgee Health Local Area to help guide academic, behavioural and social emotional growth.

## Employee Assistance Program

The Employee Assistance Program (EAP) provides short-term counselling support for a wide range of personal and work related challenges your employees may face.

