



NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN



Oxenford/Coomera Community and Youth Centre (OCCYC)
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BOOK ONLINE: www.youthcentre.org.au/bookings

FREE PROGRAMS FOR PARENTS Term 2 2019

1,2,3 MAGIC & EMOTION COACHING (3 weeks)	<i>A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and early intervention. A great framework that preserves the dignity of the child and the adult.</i> Wednesday 8th May – 22th May: 9.30 am – 11:30 am Friday 14th June – 28th June: 9:30 am – 11:30 am
TUNING IN TO KIDS (6 weeks)	<i>This six session program teaches parents/ carers of 3 – 12 year old children how to become their child's emotion coach. Help your child build resilience through understanding and managing their emotions. Suitable for parents of children with anxiety, emotional & behavioural issues.</i> Thursday 16th May – 20th June: 9:30 am – 12:00 noon
CIRCLE OF SECURITY PARENTING (5 weeks)	<i>This five session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/carers of 0 – 10 year old children. Also suitable for parents whose children have emotional & behavioural issues.</i> Monday 27th May – 24th June: 9:30 am – 12:00 noon
TUNING IN TO TEENS (6 weeks)	<i>A six session program designed for parents/carers & educators of preteens and teens aged 10 and over. The program aims to foster connection by providing adults with a greater understanding of a teen's emotional experience, while teaching skills that may assist in being supportive, empathic, and staying connected to the young person.</i> Wednesday 15th May – 19th June: 6:00 pm – 8:30 pm
BRINGING UP GREAT KIDS (4 weeks)	<i>A four week program that uses ideas of mindfulness & reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions, and encourage the development of children's positive self-identity.</i> Wednesday 29th May – 19th June: 9:30 am – 12:00 noon
ASSERTIVENESS (4 weeks) Cofunded by Gold Coast Mayoress Charity Foundation	<i>This is a four week program designed to help you feel more in control of the choices you make. You will feel better about yourself, your confidence will increase, and you will be able to work more effectively to achieve your life goals.</i> Friday 17th May – 7th June: 9:30 am – 11:30 am
PARENTING IN THE DIGITAL AGE (1 session) NEW!!	<i>Raising kids in a digital world can be confronting and overwhelming for parents. Unlike most other parenting problems, parents have no frame of reference when it comes to the digital world. This session provides information for parents about developing healthy electronic media and device usage for their children & teens including strategies for managing cyberbullying.</i> Monday 20th May: 9:30 am – 12:00 noon
Child minding is available for day programs conducted at OCCYC for \$4 per child. Bookings are essential. Communities for Children is funded by the Australian Government Department of Social Services.	

What people are saying about our programs...

"Great program, clear to understand, goes at a good pace, lots to learn. It has all been very useful for building my relationship with my teens and building a new foundation for my family."

– Tuning in to Teens 2018