

Gold Coast family & relationship services newsletter



Family & Relationship Services

Counselling

Brief intervention counselling (up to six sessions) that provides emotional support, promotes positive change, and empowers clients to work towards goals. Available to individuals, couples, children (5+ years), adolescents, and families.

Fee: income based

1-2-3 Magic & Emotion Coaching

Three session parenting program that provides parents with ideas and strategies to help them respond to, and manage emotions and challenging behaviours in children aged 2 to 12 years.

Workbook: \$25

Tuesday 28th January 2020
5:30pm - 8:00pm

Engaging Adolescents

Three session parenting program to increase confidence and satisfaction when parenting adolescents aged 10 years+ by learning how to resolve challenging behaviours and strengthen connections.

Workbook: \$25

Wednesday 18th March 2020
10:00am - 12:30pm

Parenting Orders Program

Keeping Kids in Mind

Five session parenting program which aims to help separated parents minimise the impact of ongoing conflict on children, promotes co-parenting relationships, and provides opportunities to gain insights, skills and strategies to refocus on children's needs.

Workbook: \$10

Mon 3rd Feb 2020
10:00am - 12:30pm

&

Tues 18th Feb 2020
5:30pm - 8:00pm

Mon 16th March 2020
10:00am - 12:30pm

Tues 17th March 2020
5:30pm - 8:00pm

Supporting Children After Separation

Individual Counselling

Brief intervention counselling (up to six session) to provide emotional support to children who are experiencing family separation or divorce, opportunities to express their thoughts and feelings in a confidential environment, and develop new coping strategies to help them adjust to any changes.

FREE

Children First Program

A two day, school holiday group program for children who are adjusting to family life after parental separation. The program is run by trained facilitators who use a range of fun, interactive activities to provide young people with opportunities to express their thoughts and feelings in a confidential environment, normalise feelings associated with their parent's separation, and help them to develop new ways of coping with changes to their families.

School Holidays

Wednesday 22nd to Thursday 23rd January 2020
9:30am - 3:00pm

Wednesday 8th to Thursday 9th April 2020

Services are available on site at these locations:

50 Fairway Drive, Clear Island Waters QLD 4226

90 Reserve Road, Upper Coomera QLD 4209

10 James Street, Beenleigh QLD 4207

0755 277 211

Outreach opportunities available for group programs.
Please phone to enquire for more information.