

## PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs. CatholicCare welcomes staff and clients from all different backgrounds and beliefs.

\$20

### TUNING INTO KIDS

*For those living in the Northern Sydney region*

**For parents of primary school children on how to develop your child's emotional intelligence.**

Register here:

<https://form.jotform.com/211567156969873>

**Wednesdays**

4, 11, 18 & 25 August &  
1 September 2021  
10.00am - 12.00pm



via Zoom

FREE

### TUNING INTO TEENS

*Prioritising those living in the Ku-ring-gai local Government area (but open to Northern Sydney Region depending on numbers)*

**A parenting group based on emotion coaching with additional information and support around risk taking behaviours.**

Delivered in partnership with The Northern Centre and Drug & Alcohol Youth Support Service.

Register here:

<https://form.jotform.com/211311577412850>

**Wednesdays**

4, 11, 18, 25 August,  
1 & 8 September 2021  
10.00am – 12.00pm



via Zoom

FREE

### GROWING KIDS

A free program run over 4 weeks for primary aged children in years 4 - 6.

This program aims to use creative arts as a way of expression and building resilience. Being creative is good for the brain! It helps you relax and numerous studies show that creative activities raise serotonin levels and decrease anxiety - factors that contribute to resilience - our ability to deal with our problems in a way that makes us feel like the next time they come around, we'll have a better ability to tackle them.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

FREE

### MUSIC XPRESS FOR KIDS

A free program run over 5 weeks for primary aged children in years 4 - 6.

This program uses music as a way of expression and helping to build resilience amongst children. You do not need to have experience in musical instruments but rather be interested to use music in expression.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

**MORE INFO:**

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