

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.



CIRCLE OF SECURITY

A 6 week program aimed at helping caregivers of children aged 0-5 years read and respond to the needs of their child and promote secure attachment.



**Via Zoom
Wednesdays**

3 August – 7 September 2022
10.00am – 11.30am

\$20.00

Register here:
<https://form.jotform.com/221660852499869>

TUNING INTO TEENS

A 5 week course for caregivers of children aged 12+ years on parenting with emotional intelligence. Learn how to communicate more effectively with your teenager, understand them better and how to help them manage their emotions.

Brookvale Family Centre
116/20 Dale Street

Wednesdays
3 August – 31 August 2022
10.00am - 12.00pm

\$20.00

Register here:
<https://form.jotform.com/221660141100839>

CONTACT US:

P: 1800 324 924
E: intakefs@catholiccaredbb.org.au
W: www.catholiccaredbb.org.au



2022 : term 3

parenting programs & playgroups timetable

Tuning in to Teens Parenting Program

English (via Zoom)
26 July to 30 August

Tuesdays: 10:00am to 12:00pm
Register: <https://bit.ly/3ai0dZh>

Circle of Security Parenting Program

Mandarin (Mabel)
1 August to 19 September
Child care available

Mondays: 10:00am to 12:00pm
Register: <https://bit.ly/3ai0dZh>

Tuning in to Kids Parenting Program

Korean (Amy)
11 August to 15 September
Child care available

Thursdays: 10:00am to 12:00pm
Register: <https://bit.ly/3ai0dZh>

Mini Maxi Supported Playgroup

27 July – 21 September
Wednesdays: 10:00am to 12:00pm

Register: <https://bit.ly/2Zlo5jV>

Culture Drop Supported Playgroup

29 July – 23 September
Fridays: 10:00am to 12:00pm

Register: <https://bit.ly/2Zlo5jV>

Bookings essential as places are limited.

For further details call us on 9334 0111.