Parenting Education for Mums, Dads and Carers

TERMS 3 & 4 2011

August to December

CHILD & ADOLESCENT PARENTING

9887-5830


ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

COURSE VENUES

Chatswood Community Health Centre, 57 Hercules St
Cremorne Early Childhood Centre, 108 Parraween ST

Family Name ......................................................................... Given Name(s) ......................................................................
Address ................................................................................ Suburb ............................................. Post Code ..................
Telephone .................................................... Mobile .......................................... Email ...................................................

Course Name........................................................................ Day Date Location Please provide the ages of your child/children

1st Choice........................................................................ 2nd Choice

Concession No .......................................................... NSCCAHS employees ONLY: Department & Hospital

Credit Card: Mastercard Visa Card (Will appear as ‘Macquarie Hospital’ on statement)

AMOUNT: $ ...........................................

PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

Cardholder’s Name (Printed): ................................................................ Cardholder’s Signature: ..........................................................

Expiry Date: /

PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;
MAKE cheques/money orders payable to: Northern Sydney Central Coast Health
POST the completed Application Form and the fee to:
Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa
FAX: 9887 2941

Staff Concessions: A 20% discount is available for staff of Northern Sydney Central Coast Health.

Childminding: We regret we cannot provide childminding.

Public Holidays: Classes are NOT held on public holidays.

Receipts: Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits: Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.
FOR CHILDREN 1–12 YEARS

**Toddler Workshop**

6 weeks (2.5 hours) $170 per person ($143 concession)

**Content:** Emotional development, speech and language development, parenting partnerships, sleep and eating patterns, discipline and tantrums, toilet training, and coping with a toddler & change

**Age group 1-3 years**

Term 3 Thurs 7.00-9.30pm 11/8-15/9 Chatswood

Term 4 Mon 7.00-9.30pm 24/10-28/11 Chatswood

**Triple P (Positive Parenting Program)**

7 weeks (2.5 hours) $195 per person ($170 concession)

4 group sessions of 2.5 hrs, 2 phone consultations over 3 wks, & a final session in wk 8

**Content:** A behaviour management program including clear strategies on how to encourage desirable behaviour & manage persistent misbehaviour.

**Age group 3-8 years**

Term 3 Tues 7.00-9.30pm 2/8-23/8 & 20/9 Chatswood

Wed 7.00-9.30pm 3/8-24/8 & 21/9 Cremorne

Term 4 Wed 7.00-9.30pm 19/10-9/11 & 7/12 Chatswood

**Communicating with Kids**

6 weeks (2.5 hours) $180 per person ($154 concession)

**Content:** Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills, problem solving, sibling rivalry and establishing family values. (Based on PET)

**Age group: 4-12 yrs**

Term 3 Mon 7.00-9.30pm 15/8-19/9 Chatswood

Term 4 Thurs 7.00-9.30pm 20/10-24/11 Chatswood

**For Teens**

**Communicating with Teens**

5 weeks (2.5 hours) $150 per person ($125 concession)

**Content:** Skills to communicate with your teenagers so that you understand each other and build a positive relationship, understanding teenagers today, problem ownership, listening skills, assertiveness skills, problem solving, peer group pressure and self-esteem issues

**Term 3**

Wed 7.00-9.30pm 24/8-21/9 Chatswood

**Term 4**

Tues 7.00-9.30pm 1/11-29/11 Chatswood

**Dealing With Teen’s Backchat Workshop**

2.5 hours $40 per person

**Content:** Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful & positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

**Term 3**

Wed 7.00-9.30pm 17/8 Chatswood

**Term 4**

Tues 7.00-9.30pm 25/10 Chatswood

**Triple P (PPP) Seminar Series**

Organised through schools, centres and council.

These seminars are designed for larger groups interested in learning about positive ways of promoting their children’s and teenager’s development.

**1-12 years:** $420 each 2hrs each

Seminar 1: Power of positive parenting

Seminar 2: Raising confident, competent children

Seminar 3: Raising resilient children

**TEENS:** $420 each 2hrs each

Seminar 1: Raising responsible teenagers

Seminar 2: Raising competent teenagers

Seminar 3: Getting teenagers connected

**NEW**

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**WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS**

$420 for group bookings, including handouts.

To organise a workshop/seminar OR for details of workshops/seminars scheduled, phone 9887 5830.

**Toddler Workshops** 2.5 hours

1. Understanding Your Toddler/Discipline and Tantrums

2. Tucker Without Tantrums/Toilet Training

3. Speech and Language Development/Sleep

**Older Sibling – New Baby** 2.5 hours

Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

**CHATSWOOD WORKSHOPS**

7.00 – 9.30PM $40PP TUE 30/8 WED 23/11

**Healthy Family Eating and Living**

Content: Looks at healthy eating for the family, practical ideas for increasing physical activity, sharing food tasks & changing habits, dispelling myths & understanding self-image.

**Transition to School** 2.5 hours

Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

**Bully Busting and Cyber Bullying for Parents** 2.5 hours

Content: Who is affected by bullying behaviour, myths about bullying, how to help your child if they are being bullied, they are doing the bullying behaviour or if they witness bullying behaviour.

**Resilient Kids** 2.5 hours

Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

**CHATSWOOD WORKSHOPS**

7.00 – 9.30PM $40PP MON 8/8 WED 16/11

**Transition to High School** 2.5 hours

Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

**Dealing with Backchat** 2.5 hours

Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.