### 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.

### COURSE VENUES

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

**ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED**

Couples discount available for courses only.
We regret that we cannot provide child minding.
FOR CHILDREN 1–12 YEARS

Toddlers: Terrible or Terrific
3 x 2.5 hr workshops $40pp or $100pp for 3
Age 1-3yrs
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep

Term 1
Mon 7.00-9.30pm 13/2(1), 20/2(2), 27/2(3) Chatswood
Wed 7.00-9.30pm 14/3(1) Cremorne

Term 2
Wed 7.00-9.30pm 6/6(1), 13/6(2), 20/6(3) Chatswood

Term 2
Wed 7.00-9.30pm 9/5-30/5 & 27/6 Chatswood
Thurs 7.00-9.30pm 16/2-8/3 & 5/4 Chatswood

Term 2
Wed 7.00-9.30pm 6/6(1), 13/6(2), 20/6(3) Chatswood

Resilient Kids Workshop
2.5hrs $40pp
Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

Term 1
Wed 7.00-9.30pm 22/2 Chatswood
Term 2
Thu 7.00-9.30pm 17/5 Chatswood

FOR TEENS

Communicating with Teens
5wks (2.5hrs) $150pp ($125 concession)
Age 3-10yrs
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 1
Wed 7.00-9.30pm 22/2 Chatswood
Term 2
Thu 7.00-9.30pm 17/5 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, how to talk so that they will listen & listen so that they will talk to you.

Term 1
Wed 7.00-9.30pm 17/3 Chatswood
Term 2
Wed 7.00-9.30pm 29/3-1/4 Chatswood

Tuning in to Kids
5 wks (2.5hrs) $150pp ($125 concession) Age 3-8yrs
Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

Term 1
Mon 7.00-9.30pm 5/3 / 2/4 Chatswood
Term 2
Mon 7.00-9.30pm 21/5 – 25/6 (PH 11/6) Chatswood

Term 2
Wed 7.00-9.30pm 7/3-4/4 Chatswood

Triple P (Positive Parenting Program)
7wks (2.5hrs) $195pp ($170 concession) Age 3-8yrs
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.

Term 1
Wed 7.00-9.30pm 15/2-7/3 & 4/4 Cremorne
Thurs 7.00-9.30pm 16/2-8/3 & 5/4 Chatswood

Term 2
Wed 7.00-9.30pm 9/5-30/5 & 27/6 Chatswood

Communicating with Kids
6wks (2.5hrs) $180pp ($154 concession) Age 4-12yrs
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills, problem solving, sibling rivalry and establishing family values. (Based on PET)

Term 1
Tue 7.00-9.30pm 21/2-27/3 Chatswood
Term 2
Thurs 7.00-9.30pm 24/5-28/6 Chatswood

Triple P (PPP) Seminars (2hrs) $420ea
Organised through schools, centres and councils
Positive ways to promote children/teens development
1-12yrs: Seminar 1: Power of positive parenting
Seminar 2: Raising confident, competent children
Seminar 3: Raising resilient children
TEENS: Seminar 1: Raising responsible teenagers
Seminar 2: Raising competent teenagers
Seminar 3: Getting teenagers connected

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS
Community rate $420 group booking (25 people)
Corporate rate $500 group booking (25 people)
To organise a workshop/seminar OR for details of workshops/ seminars scheduled, phone 9887 5830.

Toddler Workshops
1. Understanding Your Toddler/Discipline & Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech & Language Development/Sleep

Older Sibling – New Baby
Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.
TUE 3/4 7.00-9.30pm CHATSWOOD

Grand Parenting
Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

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

Transition to High School
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
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.