EDUCATION AND LIFE SKILLS PROGRAM

2016 COURSES

Centacare North Queensland
Ph: 07-4772 9000
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NOTES:

Courses I would like to attend are -
FREQUENTLY ASKED QUESTIONS?

WHAT DO I HAVE TO DO TO ATTEND A COURSE?

Courses are run at various times throughout the year. To attend any of these courses you will need to register your interest with the Education and Life Skills (ELS) team at Centacare NQ.

WHAT HAPPENS AFTER I HAVE REGISTERED FOR A COURSE?

An ELS team member will contact you when spaces in courses are available and offer you a place. At this time you will be advised of the dates and times. If this is not suitable for you, due to prior commitments, you will have the option of remaining on the waitlist and be offered a position on the next available course.

WHERE ARE COURSES HELD?

Courses are held at the Centacare NQ office, 410 Ross River Road, Cranbrook or the Upper Ross Community Centre. We also hold some of the courses at our outreach locations, such as Burdekin, Ingham, and Charters Towers in partnership with local community and neighbourhood centres.

IS THERE A COST?

We have a sliding fee scale for our courses, which is based on household income:

- Concession card holders*  
  - Gold coin per session

- Combined annual income of under $45000  
  - $5.00 per session

- Combined annual income of $45000 - $70000  
  - $10.00 per session

- Combined annual income of $70000 and above  
  - $15.00 per session

*Concession cards must be sighted by reception at the initial payment.

**123 Magic and Emotion Coaching, Engaging Adolescents, and Building Connections will require a small one-off fee to cover the cost of resources. Please speak to a facilitator for details.

Courses for schools or organisations have a different fee scale. Please contact Family Relationships Service Manager to discuss.
1-2-3 Magic & Emotion Coaching Parent Program

This 4 x 2 hours a week parenting program raises key ideas about children's abilities, the common problems parents face and ways to help make parenting enjoyable. It is aimed at parents of children aged 2 to 12 years. Participants are provided with a workbook and sessions are held in small groups.

Contact: Centacare NQ 07-4772 9000 to register.

www.centacareq.org.au or Find us on Facebook—Centacare NQ
This parenting program is designed to provide a safe and exciting context for caregivers to explore parenting.
The focus is on helping caregivers feel successful in parenting and enhance relationships with their children.
Improve your understanding of children’s behaviour, shared experiences, and strategies for caregivers to become more attuned and responsive to their young children’s emotional needs and assist them in managing their behaviour.

Parents/caregivers of children aged 9 and under are encouraged to register.

8 x 2 hour sessions held weekly

Contact: Centacare NQ
07-4772 9000
www.centacarepq.org.au
MUST REGISTER TO SECURE A PLACE.

Due to interest we have extended the age group to Parents of children 9 and under.
Engaging Adolescents is a practical ‘how-to’ guide for parents to assist with:

⇒ Building relationships with your teenager
⇒ Working out what behaviours need to be ignored
⇒ How to coach teenagers to consider the consequences of their actions
⇒ Skills for tough conversations for handling those problems you just can’t ignore
⇒ New understandings of adolescence

This course is 4 x 2 hour sessions held weekly

ENGAGING ADOLESCENTS

www.centacarenq.org.au or Find us on Facebook—Centacare NQ
Parenting APART

2houses

This course is designed to support separated people effectively navigate the challenges & adjustments to family life after separation.

The aim is for participants to be able to:
- understand the concept of family and the issues/challenges associated with separation
- recognise and understand their own and their former spouse's changed roles
- understand the impact of parental separation on children
- reduce conflict to improve communication
- support children to cope with the changes and transitions
- develop a workable relationship for all involved

5 x 2 hour sessions
- held weekly

Ex-partners do not attend the same group.

Contact Centacare NQ 4772 9000 to register for courses.
Find us on Facebook—Centacare NQ

www.centacareqn.org.au
BACK2FRONT
UNDERSTANDING EMOTIONS
5—10 YEAR OLDS

This FUN & engaging 5 X 1.5 hour session program was developed for children to:

- Learn about how their brain works in relation to behaviour and emotions
- Identify their emotions and experience different ways that work to manage big emotions through sensory play
- Recognize their bodies signs and use calming techniques
- Identify a positive way of expressing their emotions that is safe and fun, using their creativity
- Problem solve using their newly learnt strategies to calm their emotions

A compulsory parent session is held during the first session to outline what will be covered in each session.

To register or for more information, please contact:
Centacare NQ on 4772 9000
www.centacareq.org.au
Or find us on Facebook—Centacare NQ
Kaleidoscope
Social/Emotional skills

MUST REGISTER

Social/Emotional

This program is for 6-12 year olds to assist them to:
- discover personal strengths and build self-esteem
- identify and deal with feelings
- have strategies to manage intense feelings
- maintain and build friendships
- keeping safe

5 x 1.5 hour sessions
+ Compulsory Parent Information Session

We develop in the context of RELATIONSHIPS

Contact Centacare NQ 4772 9000.
www.centacarenq.org.au
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Real Girls

“Being your own unique self is pure beauty”

This vibrant 5x 1.5 hour session course aims to empower 13-17 year old young girls to...

- Recognize attributes of healthy relationships (peers and family)
- Build on self esteem and healthy body image
- Improve conflict resolution and communication skills

To register contact Centacare NQ on 4772 9000
This course aims to explore and enhance several key areas guys experience in relationship with themselves and others.

The focus is on helping young lads to further develop and build on existing skills through discussions, activities, video’s and having fun.

This course builds an understanding of our brains influence on our feelings and behaviour, and some ideas on how to manage difficult situations.

Topics covered over the **5 x 1.5 hour** sessions are:

1. Boys don’t cry........or do they?
2. I’m Angry........now what?
3. Identity and expectations .....who am I supposed to be?
4. Relationship mechanics......how does it all work?
5. Risks, safety and respect........how do I take care of myself & others?

**For 13—17 year old Guys**

Contact Centacare NQ on 4772 9000
Website: www.centacarenq.org.au

Find us on Facebook—Centacare NQ
Healthy Relationships

13 to 15 year old youth will have the chance to ...

1. Gain a greater understanding of building trust and mutual respect in a variety of healthy relationships.

2. Recognize the importance of healthy boundaries (physical and emotional) in all forms of relationships. This helps to maintain a positive self concept.

3. Explore conflict resolution and communication skills.

4. Understand that trusted relationships are of importance when we are faced with difficult situations.

To register contact Centacare NQ on 4772 9000

Website: www.centacarenq.org.au Find us on Facebook—Centacare NQ
"It is the small things done often that make the most difference in a relationship."

John Gottman

**KEYS TO ENRICH YOUR RELATIONSHIP**

This course, for couples, is based on over 20 years of research on Successful Relationships.

- Discover the most important ingredients for a successful relationship
- Learn ways to create more closeness in your relationship
- Find out what weakens and can destroy your relationship
- Practice helpful tools for better communication, managing conflict and create shared meaning for your relationships

There are 6 x 2 hour weekly sessions. Must Register

Contact Centacare NQ on 47729000

Website: www.centacareq.org.au Find us on Facebook—Centacare NQ
Exploring Anger with Women

This course for women assists participants to build an understanding of their anger, and how to manage this strong emotion in an effective way.

The aim is for participants to be able to understand the role anger plays in their relationships with others, and how to identify warning signs & triggers in order to manage their actions and emotions. This is facilitated in a safe & non-judgemental environment.

6 x 2 hour sessions weekly + 1 hour catch up session

Contact Centacare NQ 47729000 to register.

www.centacarenq.org.au

Facebook— Centacare NQ
Replace Your Rage is a men’s course that focuses on understanding anger, identifying and implementing effective management strategies.

The aim is for participants to be able to understand the role anger plays in their relationships, how to identify warning signs & triggers, & use strategies to manage. It also aims to support participants to manage their actions, as well as examine beliefs & role of guilt, and provide a foundation for longer term supports and strategies.

Contact: Centacare NQ 07-4772 9000 to register
www.centacareq.org.au
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STRESS MANAGEMENT

This course is for anyone who feels stressed and would like to find out ways to more effectively manage stress in their lives.

The aim is for participants to:

- recognise what stress is, the warning signs & symptoms
- identify the brain’s response to stress
- practice calming/inner ease technique
- identify self care strategies
- identify ways of coping with ongoing stressful situations

Contact Centacare NQ 4772 9000 to register your interest.
www.centacareqn.org.au
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This 2 x 2 hour session course may assist you to consider goals & planning in regards to finances.

There are practical tips included for developing a budget and understanding the process involved with spending and working within a budget where possible.

This is a practical course therefore individual financial advice will not be provided. Information on professional financial counselling services will be offered.

Contact: Centacare NQ 07-4772 9000 to register
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Aboriginal building connections for our Kids.

Helping separated parents have strong, healthy relationships with their kids

This three hour seminar assists participants to:

- Understand how the children might feel when they split up with their other parent
- Understand that fighting with the other parent can hurt the children too
- Improve the way they talk with the other parent to keep the peace
- Know what they need, to be a more strong parent
PARENTING SEMINAR

Building Connections:
3 hour seminar to help separated parents have healthy & strong relationships with their children

Topics include
- impact of separation and conflict on children
- ways of communicating the other parent
- setting goals for future parenting
- support services

Kids are No.1

410 Ross River Road, Cranbrook 4814
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An Australian Government Initiative
SAFE KIDS

Safe Kids is for children 6-8 years old. This course aims to enhance children’s problem-solving and communication skills to identify situations that may be unsafe and develop practical strategies to counter these situations in order to preserve their physical and emotional safety.

S—Safety Network
A—Anything can be spoken about
F—Feelings, and
E—Early Warning Signs

Contact: Centacare NQ
07—4772 9000
www.centacarenq.org.au

4 x 1.5 hour sessions + compulsory parent information session
Courses also offered at SCHOOLS

Kaleidoscope — Is a social-emotional skills program run over 5 weeks x 1.5 hours per session. For children aged 6—12 years (3 age groups, 6-8yo, 9-10yo & 11-12yo). Topics covered are: exploring strengths, feelings, managing intense feelings, friendship, and staying safe.

Back 2 Front—Is an emotion-social skills program run over 5 weeks x 1.5 hours per session. For children aged 5—10 years (3 age groups, 5-6yo, 7-8yo & 9-10yo). Topics covered are: understanding brain involvement in emotions, intense feelings, different strategies to manage emotions, and problem solve.

Real Girls —Is a life skills program run over 5 weeks x 1.5 hours per session for young women 13-17 years old (2 age groups, 13-15yo & 16-17yo). The aim of is to enable young women to further develop and build on their existing skills of: self esteem and positive regard; conflict resolution; communication; developing and maintaining healthy relationships, and making safe choices.

Looking out for Lads — Is a life skills program run over 5 weeks x 1.5 hours per session for guys 13-17 years old. This course builds an understanding of our brains influence on our emotions and behaviour, and some ideas on how to manage difficult situations.

Human Development —Is a program teaching Year 7 students about healthy relationships, puberty and body development, reproduction and pregnancy in line with Catholic social teaching and ethos. This course is 4 sessions x 1 hour. Students are separated into 2 groups - girls and boys.

Healthy Relationships —Is a course for teenagers aged 13-15 years, that focuses on healthy and unhealthy relationships. The aim of this course is for participants to be able to: identify different types of relationships, recognize boundaries, gain an understanding of trust and respect in relationships, further develop communication skills, and dealing with conflict, as well as build on understanding of values, choices and safety.
Other courses offered by Centacare NQ

Corporate Team Development – Full or half day sessions – A team building session covering team roles, communication, conflict resolution, change management, effective team meetings, organisation culture, valuing work, boundaries and self-care.

Courses offered at the BURDEKIN, CHARTERS TOWERS & INGHAM

⇒ 123 Magic and Emotion Coaching
⇒ Engaging Adolescents
⇒ Parenting Apart
⇒ Budgeting
⇒ Stress Management

If the above does not meet your needs please contact the ELS team to discuss.
Other Services Offered at CENTACARE NQ

FAMILY AND RELATIONSHIP SERVICES - COUNSELLING

The Family and Relationship Services - Counselling (FRSC) program provides counselling to individuals, couples, children and families around the issues that can impact on family relationships. Some of the issues that the FRSC program can support people with include: relationship or family enhancement, family formation, separation/divorce, parenting issues, conflict and anger, communication, intimacy, loss and grief or childhood issues impacting on their current relationships.

GAMBLING HELP

The Gambling Help Service provides counselling to problem gamblers, their families and those affected by the gambling behaviours of others. In addition this service provides education, training sessions and information about responsible and problem gambling behaviours to community organisations, the general public and the gambling industry and venues.

CIRCLE OF LIFE

The Circle of Life (COL) Program is a holistic counselling, education and support service which assists individuals, couples and families to work through their pregnancy-related concerns. Some issues that the COL program can support people with include: unplanned pregnancy, termination issues, grief associated with reproductive losses, family relationships and the impact of change (impending parenthood or familial adjustment) or post-natal depression.

FAMILY RELATIONSHIP CENTRE

The Family Relationship Centre provides information and support around relationships and family enhancement as well as family dispute resolution for families who want to discuss parenting arrangements.

BRIDGE

Bridge service offers professional Counselling and in-home Family Support to children, young people and their families. The program aims to address issues arising from harm or risk of harm; empower families to develop skills to manage these issues and enhance family dynamics.
ACCESS EMPLOYEE ASSISTANCE PROGRAM

Access Employee Assistance Program (EAP) is a professional and independent service which assists workplace productivity by providing counselling and related services to staff and their immediate families on personal, family and work related concerns.

PATHWAYS

The Pathways school counselling program caters to Primary and Secondary schools in both the Catholic and State system and provides a holistic support service for each school. As well as providing counselling and support for students, the program also offers development and delivery of group programs; support for parents and school staff; and completion of psychological assessment and reports for verification purposes.

DIVERSEABILITIES

DiverseAbilities offers a range of services. Community Inclusion Program is flexible respite, in-home accommodation support and learning and lifestyle skills development. The Volunteer Host Program is community based which provides respite and support to family of children aged birth to 12 years who have a disability. Baby Bridges is an early intervention therapy/playgroup program for parents of children birth to 5 years. It aims to bridge the gap between parents of young children with a disability and supports in the community.

FOR FURTHER INFORMATION ON ANY OF THESE SERVICES PLEASE CONTACT US OR CHECKOUT OUR WEBSITE.