

## **Parenting Programs**

### **Group Triple P**

For parents of children 2 - 12 years.

This course is focussed on building positive relationships between parents and children. It is a system of easy to use, proven parenting strategies for parents to develop a positive and caring relationship with their child. It provides principles and techniques that can be used for different problems, such as tantrums, sleeping, bullying and withdrawal. It has been running for 30 years and works well. Triple P runs for two hours each week over five weeks and courses are run throughout the year. Please check the calendar for the next program to be run.

### **123 Magic**

For parents of children 2 - 12 years.

This course focusses on building positive relationships between parents and children. It offers effective parenting solutions without arguing, fighting or smacking. Parents are given three strategies to choose from if a child misbehaves. Parents learn how their own behaviour can influence their child and how to encourage co-operation around the home. It is run for two hours each week over three weeks. Courses are run throughout the year. Please check the calendar for the next program to be run.

### **Keeping Children Safe**

For parents of children 0 - 12 years.

This course is focussed on parenting, preventing child abuse and neglect. This is an information and awareness group to help parents understand how abuse and neglect affects children and how to prevent it. It increases parents' understanding of how to meet children's needs, how to build a child's self-esteem and how to prevent child neglect and abuse. It encourages protective behaviours and encourages parents to take care of themselves.

This course is a six week, one hour per week program. Courses are run throughout the year. Please check the calendar for the next program to be run.

### **Bringing Up Great Kids**

For parents of children 2 – 10 years.

A reflective parenting program to support parents to review and enhance patterns of communication with their children.

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### **Circle of Security**

For parents of children 0 – 5 years.

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Research has confirmed that secure children show increased empathy, greater self esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure. This program will help parents raise their children with love, warmth and emotional intelligence by showing parents how they can connect with their child or children in ways that break old and sometimes destructive patterns of parenting. This program is a must for all parents.

## **Domestic Violence Program**

### **It's Your Turn to Shine**

A Domestic Violence Program for women who have recently left an abusive relationship. It aims to assist in rebuilding a new life after Domestic Violence and the transition to a life free from abuse, violence and fear.

### **Shark Cage**

The Shark Cage program is a trauma informed five step program of interventions designed to heal and empower women who have experienced repeated abuse such as family violence or sexual assault. It is based on a metaphor which forms the first step in the framework. The metaphor relates to women having a high risk of male violence due to social practices that have not given girls and women the same rights as men. A consequence of this gender inequity is that some men abuse their power and violate the rights of women. It draws on a human rights approach in assisting girls and women to develop or regain a sense of their rights. It can be used by helping professionals in individual or group settings.

## **Youth Programs**

### **All Children Being Safe**

For parents of children 4 - 8 years.

This program provides pre-school and early primary years children with protective behaviours and ways to feel safe in their communities. Safety messages are introduced using bush animal stories and puppets. The stories teach children about safe and unsafe feelings, people and places.

### **The Truth about Drugs**

A drug education program with publications and DVD presentations that capture the attention of young people and arm them with a full battery of facts to make their own informed decision to stay drug-free. It develops knowledge on the most commonly abused substances, each featuring personal accounts of young people who have survived the horrors of addiction.

### **Caterpillars to Butterflies Therapeutic Group**

A play based program for girls aged 5 – 9 years who have experienced homelessness and potentially trauma and / or family violence.

### **Pirates Therapeutic Group**

A play based program for boys aged 5 – 9 years who have experienced homelessness and potentially trauma and / or family violence.

### **Good Vibes**

A program of three interactive workshops for girls or boys focussing on Connectedness, Creativity, and Celebrating Self.

### **Girls Stuff – What's happening to you? Puberty Program**

For Girls in Years 5, 6, 7 & 8

This program looks at personal hygiene and the changes both physically and emotionally that occur during puberty. There is a component for boys as well.

### **Self Esteem**

An 8 module program that looks at building self-esteem in individuals.

Do you ever think you are weak, stupid, not good enough, flawed in some way, inferior to other people, useless, worthless, unattractive, ugly and unlovable, a loser or a failure? If you often think of yourself in these terms then you may have a problem with low self-esteem. This course looks at what is self-esteem and low self-esteem its impacts and how you can work towards improving your self-esteem. Please check the calendar for the next program to run.

### **Engaging Adolescents**

The focus of this course is on parenting adolescents. This course is based on similar ideas to 123 Magic. It offers a three option model for parents when communicating with their teenagers. It focusses on building positive and respectful relationships with strategies for responding to normal and challenging teenage behaviour. This is a three session program. Please check the calendar for the next program to be run.

### **Love Bites Respectful Relationships**

Aimed at high school students Year 10+ (14 – 16 years). Domestic and Family Violence and Sexual Assault prevention program.

The Love Bites program consists of two interactive education workshops on Domestic and Family Violence and Sexual Assault followed by creative workshops that consolidate the information from the morning. It is aimed at 14 – 16 year olds and can be run in schools or with groups of young people outside school.

### **Love Bites #Friends**

Aimed at Primary School children. Domestic and Family Violence and Sexual Assault prevention program.

### **R2R Program**

A flexible evidence based program that is an extension of the Holyoake Drumbeat Program. Using the Djembe Drums participants use rhythmic music, voice and movement for social and emotional development. This program can be tailored to the needs of the group. It has the flexibility to address any number of issues for any length of time.

### **Baby Think It Over & Healthy Relationships Program for Teens**

A 3 day program for teenagers. Subjects that will be covered include; Healthy Relationships, Teen Pregnancy, Contraception, STI's.

### ***Other Programs***

#### **Healthy Relationships**

Is your relationship healthy or unhealthy? What constitutes a healthy relationship and what do normal arguing and disagreements look like in a healthy relationship? If you would like to learn about what is healthy and / or unhealthy about your relationship, then this course is for you. Please check the calendar for the next program to be run.

**Life Skills Programs**

These courses are run to support participants in developing household routines and living skills in the areas of cooking, cleaning and budgeting. These courses are run throughout the year. Please check the calendar for the next program to be run.

**Rent it, Keep It**

This course is focussed on equipping participants with skills and knowledge to obtain and sustain a private rental property. It is particularly designed for those people who have had little experience in the private rental market. It also discusses rights and responsibilities as a tenant. It is run as a two hour session each week for six weeks.