
BUILDING CONNECTIONS

Self-Paced

Self Paced Building Connections is a 60-minute online program developed to support separated parents practise positive ways of parenting. In particular, it aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

In this workshop, parents and carers will learn:

- The effects of family separation on children
- The impact of parental conflict on children
- The importance of self-care
- Ways to manage and improve their communication with the other parent
- Ways to connect with their children



Available anytime via the Interrelate website:

<https://elearning.interrelate.org.au>

Self Paced Cost: \$25

BUILDING CONNECTIONS

Building Connections is a parenting program developed to support separated parents practice positive ways of co-parenting. The program aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

Improving the ability of parents to reach a workable parenting agreement by re-focusing on the best interests of their children and supporting their ability to co-parent.

Throughout this program, participants will:

- Learn the effects of family separation on children
- Understand the impact of parental conflict on children
- Recognise the importance of self-care
- Develop ways to manage and improve communication with the other parent
- Understand ways of connecting with their children



**FREE Online Group Program
Facilitated via Zoom**

Bookings essential

Call **1300 473 528** or email
interrelate@interrelate.org.au
for dates and availability

Alternatively
'Self Paced Building Connections' is
available anytime via the Interrelate
website:
<https://elearning.interrelate.org.au>
Self Paced Cost: \$25

CIRCLE OF SECURITY PARENTING

(ABBREVIATED)

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The **Circle of Security Parenting™** program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Program:

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure
- The program is aimed at parents with children aged 0-6 but may also help with older children



**Bookings essential
call 1300 473 528**

THURSDAYS

10:00 AM - 12:00 PM

**from 31 October to
5 December 2024**

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

6 sessions to be attended

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)
Pre-payment requested

KIDS BUILDING BRIDGES

Kids Building Bridges centres on children of separated families. The program is designed to focus on children's resilience and provide strategies to assist through family separation.

This program assists children to:

- Build their resilience, increase protective behaviours and understand their right to be safe in their family
- Understand feelings about family separation and become aware of the family changes
- Recognise they are not alone by building social and emotional competencies
- Increase awareness of support networks
- Recognise healthy and unhealthy relationships
- Develop respect for different types of relationships and make choices that are respectful of others



**Bookings essential
call 8522 4400**

WEDNESDAY

4 PM - 6 PM

20 November 2024

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$25 (or \$15 concession)

MAKING CHOICES

Making Choices is an emotion regulation program that focuses on anger. It is designed for people who identify with using unhelpful behaviours in response to their emotions.

Throughout this program, participants will:

- Increase their knowledge of emotions, particularly of anger as a healthy and normal emotion.
- Improve self-awareness of the body's response to different emotions.
- Increase their understanding of family of origin and attachment.
- Identify personal values, beliefs and strengths.
- Increase knowledge of healthy relationships, and effective communication.
- Increase their self-awareness of personal communication styles and barriers to communication
- Develop a personalised support plan with achievable goals for positive behaviour change
- Increase their emotional intelligence and improve self-esteem.



**Bookings essential
call 1300 473 528**

WEDNESDAYS

10:00 AM - 12:00 PM

**from 23 October to
27 November 2024**

6 sessions to be attended
facilitated via ZOOM

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)
Pre-payment requested

PARENTS NOT PARTNERS

This is a six-session program which engages separated parents in entrenched conflict in a process of reflection and awareness-raising, so that they become more focused on the best interests of their children, rather than maintaining their anger at the child's other parent.

Parents will learn:

- To better regulate their emotions
- Ways to self-care
- To help their children manage their emotions
- To recognise the effects of ongoing, mismanaged conflict on children
- To better manage conflict with the other parent
- Reorient interactions with their child's other parent to be respectful and co-operative
- To recognise and differentiate between their own and their children's individual needs
- To communicate effectively with the other parent
- To reflect on their behaviour and make changes where needed



**Bookings essential
call 8522 4400**

WEDNESDAYS

5:30 PM - 7:30 PM

**from 30 October to
4 December 2024**

6 sessions to be attended

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$25 per session (or \$15 concession)

Total \$150 (or \$90 concession)

Pre-payment required

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- To communicate effectively with the other parent
- To reflect on their behaviour and make changes where needed



**Bookings essential
call 1300 473 528**

TUESDAYS

10:00 AM - 12:00 PM

**from 22 October to
26 November 2024**

6 sessions to be attended
facilitated via ZOOM

COST

\$25 per session (or \$15 concession)

Total \$150 (or \$90 concession)

Pre-payment required

SEASONS FOR GROWTH

This eight-week program is for children aged 6 to 12 who have experienced grief and loss in their lives due to significant changes such as death, separation of parents or a natural disaster.

Who is it for?

Children who have suffered significant change or loss.

How does it help?

Seasons For Growth will teach children to:

- understand and talk about the normal range of emotions experienced during major change, grief and loss
- build positive relationships with family and friends
- participate in a caring and confidential network of peers and adults
- understand the concept of resiliency
- plan for a realistic and hope-filled future



Bookings essential
call 8522 4400

MONDAYS

4 pm - 5 pm

**from 28 October to
16 December 2024**

8 sessions to be attended

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$50

TUNING IN TO TEENS

Tuning into Teens is a six-session program designed to help parents and caregivers maintain positive relationships with their pre-teens and teenagers. The program takes a strengths-based approach and focuses on building participants' ability to connect with the adolescents in their lives.

This program assists participants to:

- Help your teen/pre-teen manage their emotions
- Help prevent behavioural problems
- Assist them in handling conflict
- Assist in conversing and connecting with your teen/pre-teen

The program also aims to help participants assist their teenagers in managing their emotions, preventing behavioral problems, handling conflict, and developing emotional intelligence. This can lead to increased success in making and keeping friends, better concentration at school, and improved ability to calm down when angry or upset.

Emotional intelligence has been shown to be a better predictor of academic and career success than IQ.



**Bookings essential
call 8522 4400**

TUESDAYS

5:45 PM - 7:45 PM

**from 22 October
to 26 November 2024**

VENUE

Level 3, Suite 301
304-318 Kingsway, Caringbah

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)
Pre-payment requested

UNDERSTANDING THE FAMILY DISPUTE RESOLUTION PROCESS

This is a 1.5-hour workshop for separated parents and other family members who are in conflict over children and other parenting matters and are intending to participate in Family Dispute Resolution (FDR) to resolve their dispute.

In this workshop, parents and other family members will learn:

- The different impacts of separation and conflict on parents and children
- The FDR process in the context of legislative changes
- The resources available to resolve family disputes
- The tools to assist them in building their confidence and empowering them throughout the FDR



**FREE Online Group Program
Facilitated via Zoom**

DATES AND TIMES

Runs on the fourth Wednesday
of the month

5:30 PM - 7:00 PM

Access previously recorded sessions
by scanning QR code or copying below
URL in a browser
link: <https://bit.ly/3prvT6A>

