

GROUP PROGRAMS

Caringbah, Term 1

Understanding the Family Dispute Resolution Process (UFDR)

FREE Online Group Program facilitated via Zoom

DATE

Wednesday, 26 February 2025

TIME

5:30 pm - 7:00 pm

Circle of Security Parenting (abbreviated)

Group facilitated online via Zoom:

14 February - 21 March 2025
10:00 am - 12:00 pm

Group facilitated Face to Face in Caringbah:

19 February - 26 March 2025
5:30 pm - 7:30 pm

6 sessions to be attended

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)

Building Bridges Kids

Group facilitated **Face to Face** in Caringbah

DATE

Wednesday, 12 March 2025

TIME

4:00 pm - 6:00 pm

COST

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

Building Connections

FREE Group facilitated online via Zoom

Bookings Essential. Contact Interrelate for dates and availability.

Parents Not Partners

Groups facilitated **online** via Zoom

13 February - 20 March 2025
10:00 am - 12:00 pm

OR

18 February - 25 March 2025
5:30 pm - 7:30 pm

6 sessions to be attended

COST

\$25 per session (or \$15 concession)
Total \$150 (or \$90 concession)

Seasons for Growth

Group facilitated **Face to Face** in Caringbah

DATES

10 February - 31 March 2025

TIME

4:00 pm - 6:00 pm

8 sessions to be attended

COST

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