



1-2-3 MAGIC AND EMOTION COACHING

THREE 2 HRS SESSIONS

A program for parents and carers to help manage difficult behavior in children 2–12 years old

Topics covered include:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the “three choices”
- Using emotion coaching to encourage good behaviour

Where:	Rockhampton
When:	Wed 12, 19 & 26 Feb
Venue:	Centacare Rockhampton 10 Bolsover Street
RSVP:	Wed 5 Feb
Resource Cost:	\$15.00
Time:	9:30am-12:00pm

BUILDING CHILDREN’S SELF ESTEEM 2 HR SESSION

Building Children’s Self Esteem is a psycho-educational session for parents to learn how positive self esteem develops and how they can support this in their children.

Topics covered include:

- Recognising how we perceive our own self esteem
- Recognising the self esteem of children
- Strategies to improve children's self esteem

Where:	Rockhampton
When:	Wed 7 May
Venue:	Centacare- Rockhampton 10 Bolsover Street
RSVP:	Wed 30 April
Cost:	\$15.00
Time:	9:30am-11:30am

‘Self esteem is the key to your success and happiness and it is one of the most important factors in determining your effectiveness as a human being.’



BUOYANT PARENTING FIVE 2 HRS SESSIONS

This program assists parents to lead and guide their family like a skipper steers a ship through the rapids of life!

LEARN

- How to raise children's self-esteem
- How to improve communication skills and to manage anger
- How to reduce stress levels, establish boundaries
- How to use consequential parenting and appropriate discipline
- How to assist children experiencing grief and loss
- How to assist children to set short and long term goals



Where:	Rockhampton
When:	Wed 5,12,19,26 Mar & 2 April 5 week program
Venue:	Centacare Rockhampton 10 Bolsover Street
RSVP:	Wed 19 Feb
Cost:	\$15.00
Time:	9:30am-11:30am



Please note no one is refused a service based on inability to pay

To Register for any of the above programs

Complete registration form and email to

registrations@centacare.net

or Phone 1300 523 985