



TERM 4, 2022



= Childminding Available
\$5/child or \$7 for 2 children



= Online Program!

FREE Programs!

5 week program



Circle of Security Parenting

Supporting parents with children aged 0-12



Tuesday, 18 Oct - 15 Nov, 9.30 am - 12 pm

5 week program



Understanding and Managing Anger and Conflict

Understand and learn strategies to manage anger and conflict.

Wednesday, 26 Oct - 23 Nov, 9.30 am - 12 pm

3 week program



123 Magic & Emotion Coaching

Supporting parents with children aged 2-12



Fridays, 28 Oct - 11 Nov - 9:30 - 11.30 am

WORKSHOP

1 day workshop



1 DAY WORKSHOP

Self - Esteem

Helping you build your confidence!



Wednesday, 19 October 9 am - 2.30 pm

5 week program



Tuning In To Kids

Supporting parents with children aged 3-12



ONLINE PROGRAM - At your own pace

ONLINE



FAMILY SUPPORT AND COUNSELLING SERVICES

- Case Management
- Child Therapy
- Family Relationship Support
- Parenting Support
- Anger Management
- Mental Health issues
- Emergency Relief
- Referral Pathways

**Criteria applies*

Call (07) 5529 8087 or go to our website www.youthcentre.org.au

SCHOOL HOLIDAY PROGRAM

For children 6 - 11 years old

Confidence at Play



December & January 2023

at
Oxenford/Coomera Community & Youth Centre
25 Leo Graham Way
Oxenford



Book Now!

www.youthcentre.org.au/event

BOOK ONLINE: www.youthcentre.org.au/bookings



Oxenford/Coomera Community and Youth Centre (OCCYC)

25 Leo Graham Way, Oxenford

P: (07) 5529 8087

E: office@youthcentre.org.au

www.youthcentre.org.au



PROGRAMS

Parenting Programs

Circle of Security Parenting

This five-session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/carers of 0 - 10 year old children. Also suitable for parents whose children have emotional & behavioural issues.

123 Magic and Emotion Coaching

A three-session program designed to help parents and carers of children aged 2 - 12 years manage challenging behaviours with practical strategies and emotion coaching. The program works equally well as a preventative tool and early intervention.

Tuning in to Kids ONLINE

This FREE ONLINE five session program teaches parents/ carers of 3 - 12 year old children how to become their child's emotion coach. Help your child build resilience by understanding and managing their emotions. Suitable for parents of children with anxiety, emotional & behavioural issues.

Life Skills Programs

SELF-ESTEEM WORKSHOP

This ONE DAY WORKSHOP with Dr Iona Abrahamson will build your confidence, improve your communication and strengthen all aspects of your life - personal and professional. We will also do a quick Chi Gong and breathing session and lunch is provided.

Understanding and Managing Anger and Conflict

This five week program teaches you about anger - what it is, its impact on our lives and relationships and strategies about how to manage anger and how to successfully navigate conflict resolution to improve the quality of our lives and relationships.

WHAT PEOPLE ARE SAYING ABOUT OUR PROGRAMS...

"Since completing the program I have become more aware of what triggers me and learnt ways to calm myself down"
Anger Management 2021

"...The results have been incredible. I have noticed a change in my children's behaviour and they seem more content."
Circle of Security, August 2021

"Thank you for the great tips and info, it was very helpful and the strategy (1,2,3) is already starting to work with the children."
123 Magic, June 2022

"Since completing the Self-Esteem program I have felt supported and loved by others."
Self-Esteem May 2022

" Circle of Security has completely changed my attitude and approach to parenting including my role as a mother and what my children really need from me."
-Circle of Security, August 2022

Find us on Facebook

www.facebook.com/OCCYCentre

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