HOW TO ENROL

PLEASE READ THE BOOKING CONDITIONS CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;
MAKE cheques/money orders payable to:
Northern Sydney Local Health District
POST the completed Application Form and the fee to:
Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:
FAX: 8877 5319

Staff Concessions:
20% discount for staff of Northern Sydney Local Health District on courses only.

Childminding:
We regret we cannot provide childminding.

Public Holidays:
Classes are NOT held on public holidays.

Receipts:
Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits:
Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre,
57 Hercules St

ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED

Couples discount available for courses only.
We regret that we cannot provide childminding.
FOR CHILDREN 1-12 YEARS

Toddlers: Terrible or Terrific
3 x 2.5 hr workshops $50pp or $120pp for 3 workshops in one term  Age 1-3yrs
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep

Term 1 Mon 7.00-9.30pm 22/1, 29/1, 26/2 (3) Chatswood
Term 2 Thurs 7.00-9.30pm 12/5, 19/5, 26/5 (3) Chatswood

Helping your 3 – 6 Year Old Child with Anxiety
2 x 2.5hr workshops $80 for the 2 workshops
PARTICIPANTS MUST ATTEND BOTH WORKSHOPS
Content: Understand anxiety, symptoms, impacts & causes; learn ways to overcome anxiety & work on specific skills; find out traps to avoid & where to seek help.

Term 1 Mon 7.00-9.30pm 21/3 & 4/4 Chatswood
Term 2 Tues 7.00-9.30pm 7/6 & 21/6 Chatswood

Tuning in to Kids
5 wks (2.5hrs) $175pp ($150 concession) Age 3-10yrs
Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

Term 1 Thurs 7.00-9.30pm 25/2 - 24/3 Chatswood
Term 2 Mon 7.00-9.30pm 9/5 - 8/6 Chatswood

Resilient Kids Workshop
2.5hrs $50pp
Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

Term 1 Wed 7.00-9.30pm 30/3 Chatswood
Term 2 Tues 7.00-9.30pm 14/6 Chatswood

FOR TEENS

Tuning in to Teens
5wks (2.5hrs) $175pp ($150 concession)
Content: Help your teenager develop emotional intelligence, learn skills to talk and understand your teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with conflict.

Term 1 Tues 7.00-9.30pm 1/3 - 29/3 Chatswood
Term 2 Wed 7.00-9.30pm 18/5 - 15/6 Chatswood

Dealing With Teen’s Backchat Workshop
2.5hrs $50pp
Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

Term 1 Tues 7.00-9.30pm 23/2 Chatswood
Term 2 Wed 7.00-9.30pm 11/5 Chatswood

Triple P (Positive Parenting Program)
3 x 2hr seminars $50pp or $120pp for 3 seminars
1 - The Power of Positive Parenting
2 - Raising Confident, Competent Children
3 - Raising Resilient Children

Term 1 Wed 7.00-9.00pm 9/3(1), 16/3(2), 23/3(3) Chatswood
Term 2 Thurs 7.00-9.00pm 17/9(1), 24/9(2), 31/9(3) Chatswood

Communicating with Kids Workshop
2.5hrs $50pp
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.

Term 1 Tues 7.00-9.30pm 5/4 Chatswood
Term 2 Thurs 7.00-9.30pm 2/6 Chatswood

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS
Community rate $500 group booking (25 people)
Corporate rate available on request
To organise a workshop/seminar booking (25 people)

Toddler Workshops 2.5 hours
1. Understanding Your Toddler/Discipline and Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

Older Sibling - New Baby 2.5 hours
Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage older child’s behaviour, community services & networks.
MON 14/3 7.00-9.30PM CHATSWOOD

Grand Parenting 2.5 hours
Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

Communicating with Kids Workshop 2.5hrs
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

Transition to School 2.5 hours
Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

Resilient Kids 2.5 hours
Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School 2.5 hours
Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

Dealing with Backchat 2.5 hours
Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.