



the northern centre
care. connect. grow. our community

term two 2018



parenting program timetable

Circle of Security	English 8 May until 26 June	Tuesdays: 10:00am to 12:00pm Limited childcare available
Tuning in to Teens	Korean 17 May until 14 June	Thursdays: 10:00am to 12:00pm
Tuning in to Kids	Korean 30 May until 4 July	Wednesdays: 10:00am to 12:00pm Limited childcare available
Triple P	English 16 May until 13 June	Wednesdays: 6:00pm to 8:00pm + phone call 20 June
Toddlers – Terrible or Terrific	Mandarin 14 May until 28 May	Mondays: 10:00am to 12:00pm Limited childcare available
123 Magic	English 9 May until 23 May	Wednesdays: 10:00am to 12:00pm Limited childcare available

Programs held at The Northern Centre
3-5 Anthony Road, West Ryde

View further program
details over page.

Bookings are essential: events@thenortherncentre.org.au



the northern centre
care. connect. grow. our community

parenting program overview

Circle of Security

8 week program for parents of 0 – 5 year olds

Circle of Security is a highly successful 8 week evidenced based program that focusses on how you can strengthen your relationship with your children through understanding and responding to your children's needs and behaviours.

For further information, see www.circleofsecurity.net.

Tuning in to Teens

5 week program for parents of 10 to 18 years olds

Aims to help parents and their adolescent manage the many emotional challenges of this stage of life. By learning these skills, parents are less likely to have as much conflict within their family and their teen is more likely to talk to them about the challenging issues they face.

Tuning in to Kids

5 week program for parents of 4 to 9 year olds

Focuses on the emotional connection between parents and children. Aims to teach parents emotion coaching skills, to help their child understand and manage their emotions, as well as improving communication and parent-child relationship. Help develop your child's social skills and manage frustrations and conflict, thus increasing positive behaviours.

Triple P

5 week program plus 1 phone call, for parents of up to 10 year olds

Triple P is designed to introduce the principles of Positive Parenting. Parents learn how to encourage their children to learn skills which promote children's health, development and wellbeing.

Toddlers – Terrible or Terrific

3 week program for parents of 1 to 3 year olds

These workshops will help you to understand your toddler's world and see things through their eyes.

Workshop 1: Understanding Your Toddler / Discipline & Tantrums

Workshop 2: Tucker without Tantrums / Toilet Training

Workshop 3: Speech & Language Development / Sleep