



thenortherncentre
care. connect. grow. our community



Who are we?

The Northern Centre is a non-government organisation and registered charity. Our mission is to help grow resilient and thriving communities while strengthening individuals. We work collaboratively with families and individuals of all ages to support and help build healthy lives. We offer services, in confidential settings in West Ryde and St Ives.

At The Northern Centre we understand raising a family can be extremely challenging. Our services provide assistance to families experiencing issues due to separation, parenting difficulties, children with developmental or emotional issues, financial stress or cultural difficulties.

We offer individual support or can work with the family as a whole, to help improve your situation. We will assist you through personalised case management, counselling, parenting programs or supported groups.

The parenting programs we offer provide additional skills to help parents with raising their families. Most of our classes are **FREE** of charge and on occasion childcare can be arranged. Bookings are essential.

The parenting programs we offer include:

- **Circle of Security** (English or Mandarin)
- **123 Magic and Emotion Coaching** (English or Mandarin)
- **Tuning in to Teens** (English or Korean)
- **Tuning in to Kids** (English or Korean)
- **Toddlers – Terrible or Terrific**

For more information contact:

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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 Kids

6 week program for parents of 4 to 10 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.

Tuning in to Teens

5 week program for parents of 11 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.

123 Magic

3 week program for parents of 3 to 12 year olds

Helps teach parents how to deal with their children's difficult behaviour by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour. The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development of children's ability to manage their emotional reactions to parental boundaries.

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