



the northern centre  
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.

Raising a family can be one of the most challenging and rewarding things that we do. The Northern Centre understands the pressures, hurdles and stresses that many families encounter, and we can support you and your family with a whole range of different services.

From setting boundaries and expectations with your children to guidance and support around managing family dynamics we offer individual support to build your confidence and skills to assist you and your family through a number of approaches including personalised case management, family counselling, parenting programs or supported playgroups. The length of time with us will depend on the complexity of your issue. To tailor the best service for you and your family, please call and ask for our Intake Coordinator.

Our parenting programs offer additional skills to help parents with raising their families. Most of our parenting programs are free of charge and we are able to offer limited childcare for many programs. Bookings are essential.

### **Our suite of parenting programs include:**

- **Circle of Security (facilitated in English & Mandarin)**
- **123 Magic & Emotion coaching (facilitated in English & Korean)**
- **Tuning in to Kids (facilitated in English & Korean)**
- **Tuning in to Teens (facilitated in English)**
- **Bringing up Great Kids (facilitated in English & Mandarin)**
- **Engaging Adolescents**

# 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](http://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

6 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.

## Bringing up Great Kids

6-week program for parents with children under 12 years

The Bringing UP Great Kids Program provides a wide range of activities and tools that are unique. The program offers parents and carers a fresh way to understand their role and enact relationships with their children in a reflective way. Program handouts and videos are mainly in English with some additional resources provided in Chinese.

## **Engaging Adolescents**

3 week program for parents/carers of teenagers Provides parents/carers with practical tips to prepare for tough conversations with young people. It teaches strategies to maintain open communication, build a relationship with your teenager and foster safe independence. Parents/carers will learn to better understand adolescents and appreciate what are reasonable expectations to hold. The program works towards giving parents/ carers a renewed sense of confidence about the role they can play in their teenagers' lives, without conversations morphing into arguments.