

## YOUTH

### Real Girls

This vibrant course aims to empower teenage girls to understand and embrace their own unique self. During the program participants will learn how to recognise attributes of a healthy relationship between both peers and family members; build on self esteem and a healthy body image; and improve the conflict resolution and communication skills. **Who:** Females in school years 7 to 9. **Duration:** 5 x 1.5 hour weekly sessions.

### Looking Out For Lads

This engaging course aims to empower teenage boys to understand their brain's influence on emotions and behaviour, plus provide ideas on how to manage difficult situations. This is achieved by explaining anger, anxiety, emotions and their range of intensities, exploring helpful thinking techniques, enhancing relationships with communication and the connection between thoughts and emotions. **Who:** Males in school years 7 to 9. **Duration:** 5 x 1.5 hour weekly sessions.

## Frequently Asked Questions

### Q: How can I participate in a course?

A: Courses are offered at various times during the year. Please contact us to register your interest and we will advise you when the next course is scheduled. Due to demand and popularity, you may be required to go on a wait list until a course becomes available.

### Q: What happens after I register?

A: We will be in contact once a place becomes available to confirm the start date and time. If you're not able to attend you are welcome to remain on the wait list to attend in the future.

### Q: Where are courses held?

A: Courses are held at the Centacare NQ offices in Townsville at 410 Ross River Road, Cranbrook or at the Upper Ross Community Centre. Some courses are also available in Ingham, Burdekin and Charters Towers.

### Q: How long does a course take?

Each program is different due to the course content and subjects covered, and can range from two to eight weekly sessions.

### Q: How much does it cost?

A: Fees are based on your household's annual income:  
Less than \$45,000 costs \$5.00 per session  
\$45,000 to \$70,000 costs \$10.00 per session  
\$70,000 and above \$15.00 per session  
If you are a concession card holder, we only request a gold coin donation. Some courses will require a small one off fee to cover the cost of resources provided.

### Q: Do you deliver courses at schools or businesses?

Yes, we can deliver courses to schools and organisations. Please contact us to discuss further.

**Centacare North Queensland**  
410 Ross River Road, Cranbrook  
Townsville Q 4814



**Education & Life Skills**  
Courses

**1300 NQ CARE**  
1300 672 273

[centacarenq.org.au](http://centacarenq.org.au)

## PARENTING

### 123 Magic & Emotion Coaching

This program is a dedicated parenting course that works to raise key ideas about children's abilities, the common problems parents face and ways to help make parenting more enjoyable. **Who:** Parents/Guardians of children aged 2 to 10 years. Participants receive a workbook and sessions are held in small groups. **Duration:** 4 x 2 hour weekly sessions.

### Circle Of Security

Designed to provide a safe and exciting context for caregivers to explore parenting. It focuses on helping caregivers feel successful in their parenting role and enhance relationships with their children. It works on increasing a parent's understanding of their child's behaviour, shared experiences and strategies to become more attuned and responsive to their young child's emotional needs and assist with them in managing their behaviour. **Who:** For parents or caregivers of children aged 9 years and under. **Duration:** 8 x 2 hour weekly sessions.

### Tuning In To Teens

This emotionally intelligent parenting course supports parents of teens with tools to overcome communication challenges with their teenager; identify and understand your teen's emotions, deal with frustrations and keep distress from overwhelming the parent's ability to think clearly. Outcomes include their ability to develop a better understanding of teens, help prevent behaviour problems and teach teens how to deal with conflict. **Who:** For parents or caregivers of children aged to 10 18 years old. **Duration:** 6 x 2 hour weekly sessions.

### Parents Apart

Purposely designed for parents to effectively navigate the challenges and adjustments to family life after separation. Ideal outcomes include the ability to: understand the concept of family and challenges associated to separation; recognise the changed parenting roles; understand the impact of parental separation on children; reduce conflict to improve communication; support children to cope with changes and transitions; and develop a workable relationship for all involved. **Who:** Separated Parents (Ex-partners do not attend the same group) **Duration:** 5 x 2 hour weekly sessions.

## RELATIONSHIPS

### Keys To Strengthen Your Relationships

Designed for couples to discover the most important ingredients for a successful relationship based on more than 20 years of research. Participants will learn ways to develop closeness; find out what weakens and can destroy a relationship; create opportunities to practice vital tools for better communication; manage conflict; and create shared meaning for relationships. **Who:** Couples **Duration:** 6 x 2 hour weekly sessions.

## LIFE SKILLS

### Exploring Anger With Women

This course assists participants to build an understanding of their anger and how to manage this strong emotion in an effective way. The aim is for women to understand the role anger plays in their life and relationships. Outcomes include the ability to identify warning signs and triggers in order to manage reactions and how to cope with powerful emotions. **Who:** Women aged 18 years and over. **Duration:** 6 x 2 hour weekly sessions, plus a 1 hour follow up session.

### Replace Your Rage - For Men

Specifically designed for men, this course assists participants to build an understanding of their anger and how to manage this strong emotion in an effective way. The aim for participants is to learn how to implement effective management strategies and understand how anger plays a role in their relationships. Outcomes include the ability to identify warning signs and triggers and use strategies to manage. It also aims to support participants to manage their actions as well as examine beliefs, role of guilt and provide a foundation for long term supports and strategies. **Who:** Men aged 18 years and over. **Duration:** 7 x 2 hour weekly sessions, plus a 1 hour follow up session.

### Wellbeing & Resilience

Created to support anyone feeling the symptoms of stress and anxiety. This course is an effective tool to learn and implement strategies to increase their sense of wellbeing. The aim is for participants to recognise: what stress is; learn to identify the brain's response to stress and how to cope effectively; learn and practice inner calming techniques and self care strategies and learn ways to cope with ongoing situations for a long-term brighter future. **Who:** Adults **Duration:** 3 x 2 hour weekly sessions.

## CHILDREN

### Back2Front

This program was developed for children to help them understand how their brain works in relation to their behaviour and emotions. Participants will learn how to identify big emotions and how to manage them through sensory play; recognise their body's signs and use calming techniques; express their emotions, safely, using their creativity and how to solve problems using their new strategies. It is compulsory for parents/guardians to attend an information session. **Who:** For children in school years 1 to 6. **Duration:** 5 x 1.5 hour weekly sessions.

### Kaleidoscope

Research shows children develop in context to their relationships. This program specifically supports a child's social and emotional ability to discover their personal strengths, build self-esteem, identify and deal with feelings, tools and strategies to deal with intense feelings, how to stay safe and learn how to maintain and build friendships. It is compulsory for parents/guardians to attend an information session. **Who:** For children in school years 1 to 6. **Duration:** 5 x 1.5 hour weekly sessions.

### Sibworks

Designed for siblings of children with special needs, the program supports 8 to 12 year olds learn new skills to boost resilience, enhance communication with family and friends, develop a deeper understanding of their sibling's disability; identify and explore strengths in themselves and their siblings and connect with peers. It is compulsory for parents/guardians to attend an information session. **Who:** Children aged 8 to 12 years who are a sibling of a child with a disability. The course participant can not have a disability themselves. **Duration:** 5 x 1.5 hour weekly sessions.