

# PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs.  
CatholicCare welcomes staff and clients from all different backgrounds and beliefs.



## CIRCLE OF SECURITY

A 6 week program aimed at helping caregivers of children aged 0-5 years read and respond to the needs of their child and promote secure attachment.



**Via Zoom  
Wednesdays**

3 August – 7 September 2022  
10.00am – 11.30am

**\$20.00**

Register here:  
<https://form.jotform.com/221660852499869>

## TUNING INTO TEENS

A 5 week course for caregivers of children aged 12+ years on parenting with emotional intelligence. Learn how to communicate more effectively with your teenager, understand them better and how to help them manage their emotions.

**Brookvale Family Centre**  
116/20 Dale Street

**Wednesdays**  
3 August – 31 August 2022  
10.00am - 12.00pm

**\$20.00**

Register here:  
<https://form.jotform.com/221660141100839>

## CONTACT US:

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