

Central Coast Groups– Term 2 2020

WOMEN'S DOMESTIC VIOLENCE GROUPS

REGAINING SELF – Catholic Care

You will learn how to identify domestic and family violence and its impact on children, understand your rights and identify your emotions and learn about healthy relationships. To register for this group you will need a device and access to the internet. A tablet, smartphone or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

NOTE: The Regaining Self group for term 2 is full. If you would like to go on the waitlist for the next group, please phone **4356 2600**.

LIVING BEYOND ABUSE – Baptist Care

Due to the current Covid-19 Government restrictions BaptistCare are not running groups until further notice. We are able to provide intake assessments for Living Beyond Abuse groups in preparation for their commencement.

Please call us on **4352 7900** if we can help you further

STAND TOGETHER – Central Coast Family Support Services

Stand Together is a 6 week group work program for mothers of children 0-12 who have left a Domestic Family Violence relationship. Expecting parents are welcome. This group will assist to build skills and knowledge to assist mothers in their parenting, and repair relationships with their children post-DV. This course will be facilitated online. You will need access to a device and internet to participate.

Where: Online via Zoom

Time: 10.00am to 12.00pm

Dates: 6 Wednesdays in a row 13 May – 17 June

Cost: Free

Phone: 4340 1585 bookings essentials

FREE COUNSELLING DURING COVID-19

UNITING

In response to COVID-19, we're increasing our support by providing **FREE** counselling and mediation delivered in-person, by phone, or online. In-person counselling and mediation is subject to social distancing regulations and pre-appointment health screening. To find out more call **1800 864 846**

BAPTIST CARE

BaptistCare are providing phone / online counselling sessions & support. During these restrictions, all our services will be **FREE** of charge.

Please call us on **4352 7900** if we can help you further

INTERRELATE

To support the community during this challenging time, Interrelate will be delivering **FREE** mediation (Family Dispute Resolution), domestic and family violence support (including male victim support), Children's Contact Service, and counselling, online during isolation and social distancing via chat, video conferencing and phone.

If you would like to find out more information, please visit the Interrelate website COVID-19 page to download the FREE resources or you can call Interrelate on **1300 473 528** to find the best remote support solution.

PARENTING GROUPS

TUNING INTO KIDS – Women's Health Centre

Tuning in to Kids is a parenting program, for parents of children aged 0-12 years, that aims to give you helpful ways of teaching your child the skills of emotional intelligence. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs. You will learn:

- To talk to your child about their emotions
- To help your child learn how to manage their emotions to guide your child's behaviour with appropriate limits to teach your child problem solving skills.

Where: Online via Zoom

Time: 10.00am to 12.30pm

Dates: Wednesday's 20th May to 24th June

Cost: Free

Phone: 4351 1152 bookings essential

123 MAGIC & EMOTION COACHING - Central Coast Family Support Service

In partnership with Narara Valley Young Parents School. This group is for young parents aged under 25yrs only. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

Where: Online via Zoom

Time: 10.00am to 12.30pm

Dates: 3 Wednesdays in a row May 13 – May 27

Cost: Free

Phone: 4340 1585 bookings essentials

CIRCLE OF SECURITY – Central Coast Family Support Service

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and their children. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

Topics include:

- Understand your child's needs and behaviour
- Help your child manage their emotions
- Develop skills to build a positive relationship with your child
- Develop their confidence and self-esteem

Cost: Free

Phone: 4340 1585 bookings essentials

Central Coast Family Support Service are running 3 online groups during Term2:

Circle of Security In partnership with DALE Young Parents School This groups is for young parents aged under 25yrs only	6 Thursdays in a row May 14 – June 18	10am-12pm
Circle of Security In partnership with Peninsula Women’s Health Centre This groups is for WOMEN only	6 Thursdays in a row May 14 – June 18	12:30pm-2:30pm
Circle of Security In partnership with Kariong Neighbourhood Centre	6 Fridays in a row May 15 – June 19	10am-12pm

TRIPLE P POSITIVE PARENTING PROGRAM – Central Coast Family Support Service

The Triple P is a parenting and family support system designed to prevent, as well as treat, behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

Cost: Free

Phone: 4340 1585 bookings essentials

Central Coast Family Support Service are running 4 online groups during Term2:

Triple P – Positive Parenting Program <i>In partnership with Green Point Community Centre</i>	5 Mondays in a row May 11 – June 8	10am-12pm
Triple P – Positive Parenting Program <i>In partnership with Wyong Schools as Community Centre</i>	5 Tuesdays in a row May 12 – June 9	10am-12pm
Triple P – Positive Parenting Program <i>In partnership with Gorokan Schools as Community Centre</i>	5 Wednesdays in a row May 13 – June 10	2pm- 4pm
Triple P – Positive Parenting Program <i>In partnership with St John the Baptist Catholic Primary School</i>	5 Thursdays in a row May 14 – June 11	10am-12pm

GRANDPARENTS RAISING GRANDCHILDREN WEEKLY ONLINE SUPPORT GROUP – Central Coast Family Support Service

All Grandparents raising their grandchildren living on the Central Coast are welcome to attend. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

When: Fridays, 10am – 12pm

Contact: To register contact Lucy on **0434 426 703** or lucy@ccfss.com.au

YOUNG PARENT WEEKLY ONLINE SUPPORT GROUP – Central Coast Family Support Service

All young parents aged 13-25 years living on the Central Coast are welcome to attend. To register for this group you will need a device and access to the internet. A tablet or laptop with audio functions are necessary to participate with the videos and interactive nature of the programs.

When: Fridays, 10am – 12pm

Contact: To register, contact Josie on **0434 426 710** or joise@ccfss.com.au

PATHWAYS TO PARENTING - BAPTIST CARE

Pathways To Parenting is a specialised eight week parenting program for parents who have children in out of home care due to child protection concerns and who want to build stronger relationships with their children. In this program parents' can openly share their stories and experiences, deal with issues of grief and loss, look at how to repair what went wrong and explore the parent they want to be. Course length: 2.5 hours a week for eight weeks

NOTE: With the current Covid-19 Government restrictions BaptistCare are not running groups until further notice. We are able to provide intake assessments for groups in preparation for their commencement. During these restrictions we are providing phone/online counselling sessions & support free of charge. Please call us on **4352 7900** if we can help you further

THE ANCHOR PROGRAM - Uniting

The Anchor supports children and young people with the issues that can arise when their parents separate. The program offers children and young people their own counsellor, the opportunity to attend a group for kids and even be involved in our Child Inclusive Practice. The program also offers the therapeutic groups Connect Kids and Jigsaw for those in primary school and STORMS for those in high school. The Anchor's groups run for up to eight weeks and offer strategies and skills to cope with this major life change. It also gives children and young people the chance to meet kids of the same age that might be experiencing similar difficulties.

NOTE: In response to COVID-19, we're providing **FREE** counselling delivered by phone, in-person or online. In-person counselling is subject to social distancing regulations and a pre-appointment health screen.

To find out more call **1800 864 846**

MEN'S BEHAVIOUR CHANGE GROUPS

FACING UP – Baptist Care

Facing Up is a program for courageous and determined men to move beyond their familiar destructive patterns and instead create safe and respectful relationships. Facing Up will help men to examine their behaviour, explore the role of power and control in relationships, and challenge unhelpful stereotypes about what it means to be a man. The program runs for 2.5 hours a week for 10 weeks.

NOTE: With the current Covid-19 Government restrictions BaptistCare are not running groups until further notice. In the interim period, we are providing phone / online counselling sessions & support. During these restrictions, all of our services will be free of charge. Please call us on **4352 7900** if we can help you further.

CARING DADS – Catholic Care

Caring Dads is a group intervention program for fathers who have neglected, physically or emotionally abused, or exposed their children to family violence. The program is based on the recognition of the harm that children can experience through being exposed to family violence. This is for father's that want to change their abusive behaviours to become a more caring dad. The course runs for 17 weeks. It will be available on a weekday, a weekend and an evening to accommodate as many people as possible.

NOTE: Due to the current Covid-19 Government restrictions, Catholic Care are not running this group until further notice. We are still taking referrals for the Caring Dad's group. If you are interested in attending the next group, please contact the us on the details below.

In the interim period, we are providing one-on-one phone support services.

P: (02) **4356 2600**

E: ccfc@catholiccareddb.org.au