



For Parents & Carers

CIRCLE OF SECURITY PARENTING™

For Parents/Carers of children aged 0-5 years

A must for all parents. Children who feel secure have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. Understand your child's world by learning to read your child's emotional needs.

5 x 2 hour sessions held weekly **\$45**

Wednesdays 24, 31 Oct & 7, 21, 28 Nov 1-3pm

KEEPING KIDS IN MIND

For Parents/Carers of children and young people post separation

Helps separated parents to learn to deal with the emotional and practical issues of parenting after separation. Explores the impact separation has on you and your whole family.

5 x 2 hour sessions held weekly **Free**

Wednesdays 24, 31 Oct & 7, 21, 28 Nov 9:30-11:30am

POPPY SHOALHAVEN PLAYGROUP

For Parents (of children 0-5 years) with mental health issues

A safe environment where parents with mental health issues can spend time with their children. Enjoy play time with your children and participate in a range of emotional and wellbeing workshops.

Sessions held during school terms **Free**

Fridays 19, 26 Oct & 2, 9, 16, 23, 30 Nov & 7, 14, 21 Dec, 10am-12:30pm

Location: 68 Shoalhaven St, Nowra



With a Special Focus

YOUTH MENTAL HEALTH FIRST AID (YMHA)

For Adults

Teaches adults how to provide initial support to youth experiencing mental illness or are in crisis. Topics covered include anxiety, depression, substance use, disruptive behavior disorders (including AD/HD) and eating disorders.

2 days held over 2 weeks (14 hour program) **\$198 incl GST**

Fridays 16 & 23 Nov 9am-4:30pm



For Children

SEASONS FOR GROWTH - YOUNG PEOPLE

For young people aged 13-18 years

Providing an emotional and non-judgemental space for young people dealing with significant life changes.

This group is run on a needs basis within the community. Expressions of interest are welcomed.

Counselling

Our affordable counselling service provides support to children, adults, couples and families experiencing:

- grief and loss
- stress/anxiety/depression
- family and relationship difficulties
- changes in person or family situations

Our skilled and compassionate counsellors are qualified and experienced professional.