

Family Name
Address
Telephone

Given Name(s)
Suburb
Mobile

Post Code
Email

	Course Name	Day	Date	Location	Please provide the ages of your child/children
1st Choice					
2nd Choice					

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION.
Concession No

NSLHD employees ONLY:
Department & Hospital

Pay Cheques/Money Orders to:
Northern Sydney Local Health District and post to:
Child & Adolescent Parenting, PO Box 142, North Ryde NSW 1670 OR Fax form with CREDIT CARD details to **8877 5319**

Credit Card:
☐ Mastercard
☐ Visa Card (Will appear as 'Macquarie Hospital' on statement)

Cardholder's Name (Printed) :
Cardholder's Signature:

AMOUNT: \$
Expiry Date:

PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION.

Department & Hospital

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☐ Credit Card: ☐ Mastercard ☐ Visa Card (Will appear as 'Macquarie Hospital' on statement)

Cardholder's Name (Printed) : Cardholder's Signature:

AMOUNT: \$

PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.

PLEASE READ THE BOOKING CONDITIONS
CAREFULLY BEFORE PROCEEDING

COMPLETE the Application Form;
MAKE cheques/money orders payable to:
Northern Sydney Local Health District
POST the completed Application Form and the fee to:
Child & Adolescent Parenting
PO Box 142
NORTH RYDE NSW 1670

or fax forms, using Mastercard or Visa to:
FAX: 8877 5319

Staff Concessions:

20% discount for staff of Northern Sydney Local Health District on courses only.

Childminding:

We regret we cannot provide childminding.

Public Holidays:

Classes are **NOT** held on public holidays.

Receipts:

Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

Refunds/Credits:

Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

COURSE VENUES

Chatswood Community Health Centre,
57 Hercules St

**ALL OUR LEADERS ARE PARENTS
& PROFESSIONALLY QUALIFIED**

Couples discount available for courses only.
We regret that we cannot provide child minding.

Parenting Education for Mums, Dads and Carers

TERMS 1 & 2

2016

February to June



CHILD & ADOLESCENT PARENTING

Phone: 8877 5152

Email: NSLHD-CYMHSParenting@health.nsw.gov.au

www.nslhd.health.nsw.gov.au/services/CAP



Health

Northern Sydney Local Health District

FOR CHILDREN 1-12 YEARS

Toddlers: Terrible or Terrific

3 x 2.5 hr workshops \$50pp or \$120pp for 3 workshops in one term Age 1-3yrs

- (1) Understanding Your Toddler/Discipline & Tantrums
- (2) Tucker without Tantrums/Toilet Training
- (3) Speech & Language Development/Sleep

Term 1	Mon	7.00-9.30pm	22/2(1), 29/2(2), 7/3 (3)	Chatswood
Term 2	Thurs	7.00-9.30pm	12/5(1), 19/5(2), 26/5(3)	Chatswood

Helping your 3 - 6 Year Old Child with Anxiety

2 x 2.5hr workshops \$80 for the 2 workshops

PARTICIPANTS MUST ATTEND BOTH WORKSHOPS

Content: Understand anxiety, symptoms, impacts & causes; learn ways to overcome anxiety & work on specific skills; find out traps to avoid & where to seek help.

Term 1	Mon	7.00-9.30pm	21/3 & 4/4	Chatswood
Term 2	Tues	7.00-9.30pm	7/6 & 21/6	Chatswood

Tuning in to Kids

5 wks (2.5hrs) \$175pp (\$150 concession) Age 3-10yrs

Content: Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

Term 1	Thurs	7.00-9.30pm	25/2 - 24/3	Chatswood
Term 2	Mon	7.00-9.30pm	9/5 - 6/6	Chatswood

Triple P (Positive Parenting Program)

3 x 2hr seminars \$50pp or \$120pp for 3 seminars

- 1 - The Power of Positive Parenting
- 2 - Raising Confident, Competent Children
- 3 - Raising Resilient Children

Term 1	Wed	7.00-9.00pm	9/3(1), 16/3(2), 23/3(3)	Chatswood
Term 2	Tues	7.00-9.00pm	17/5(1), 24/5(2), 31/5(3)	Chatswood

Communicating with Kids Workshop

2.5hrs \$50pp

Content: Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.

Term 1	Tues	7.00-9.30pm	5/4	Chatswood
Term 2	Thurs	7.00-9.30pm	2/6	Chatswood

Resilient Kids Workshop

2.5hrs \$50pp

Content: Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

Term 1	Wed	7.00-9.30pm	30/3	Chatswood
Term 2	Tues	7.00-9.30pm	14/6	Chatswood

FOR TEENS

Tuning in to Teens

5wks (2.5hrs) \$175pp (\$150 concession)

Content: Help your teenager develop emotional intelligence, learn skills to talk and understand your teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with conflict

Term 1	Tues	7.00-9.30pm	1/3 - 29/3	Chatswood
Term 2	Wed	7.00-9.30pm	18/5 - 15/6	Chatswood

Dealing With Teen's Backchat Workshop

2.5hrs \$50pp

Content: Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

Term 1	Tues	7.00-9.30pm	23/2	Chatswood
Term 2	Wed	7.00-9.30pm	11/5	Chatswood

Triple P (PPP) Seminars (2hrs) \$500ea

Organised through schools, centres and councils Positive ways to promote children/teens development

- 1-12yrs: Seminar 1: Power of positive parenting
- Seminar 2: Raising confident, competent children
- Seminar 3: Raising resilient children

TEENS: Seminar 1: Raising responsible teenagers
Seminar 2: Raising competent teenagers
Seminar 3: Getting teenagers connected

WORKSHOPS AND SEMINARS ORGANISED THROUGH SCHOOLS, CENTRES & COUNCILS

Community rate \$500 group booking (25 people)
Corporate rate available on request
To organise a workshop/seminar OR for details of workshops/ seminars scheduled, phone 8877 5152.

Toddler Workshops

2.5 hours

1. Understanding Your Toddler/Discipline and Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

Older Sibling - New Baby

2.5 hours
Content: Understanding your older child's feelings, development & reactions, strategies to help juggle 2 children & manage the older child's behaviour, community services & networks.

MON 14/3 7.00-9.30PM CHATSWOOD

Grand Parenting

2.5 hours
Content: Role of grandparents in today's world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

Communicating with Kids Workshop 2.5hrs

Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

Transition to School

2.5 hours
Content: the emotional transition from home to school, effective communication and listening skills, how to say "no" assertively, problem solving skills and how parents can look after themselves.

Resilient Kids

2.5 hours
Content: helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

Transition to High School

2.5 hours
Content: learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

Dealing with Backchat

2.5 hours
Content: restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.