

P.S.C.

Course 2021 dates:

2nd February — 16th March

13th July — 24th August

12th October — 23rd November



Caboolture Neighbourhood Centre
9 George Street
Caboolture Q 4510

Family and Relationship Support
Service (FaRSS)
Ph: 5495 2571
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Funded by



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Neighbourhood Centre Caboolture Inc.

PO Box 1667, Caboolture Qld 4510

FaRSS

Family and Relationship
Support Service



P.S.C.

Parenting Skills Course
2021

Updated: 27/10/2020



F.a.R.S.S. services are **FREE** of charge and provide a holistic family approach.

F.a.R.S.S has been developed to meet the needs of families.

The aim is to build strength and resilience in families and provide opportunities and support to:

- Increase knowledge and skills in managing conflict and stress within the family home
- Develop strong healthy relationships within the family unit
- Explore alternatives to family violence
- Improve communication skills
- Participate in group activities and support groups

P.S.C.

Parenting Skills Course

Topics covered include:

- Effective Communication
- Attachment
- Behavior management
- Boundaries
- Child Development and how children learn through play
- Family of Origin
- Self Care
- Making ends meet- How to manage your money.

The Parenting Skills Course is a seven week course.

This course will be held at the Caboolture Neighbourhood Centre, 9 George Street, Caboolture.

TIMES: 10.00am to 12.00pm

Limited childcare available.

Bookings essential

Ph: 5495 2571

F.a.R.S.S. services are **FREE** of charge and provide a holistic family approach.

F.a.R.S.S believes that parenting can be stressful and that parents may need help and reassurance at some time to maintain confidence and update their skills.

The Parenting Skills Course provides a caring, non-judgmental environment in which to learn new skills.

This seven week course deals with the pressures and responsibilities of being a parent and aims to help deal with some of these concerns.

FaRSS

**Family and Relationship
Support Service**