

# P.S.C.

Course 2019 dates:

19th February — 2nd April

16th July — 27th August

15th October — 26th November



Caboolture Neighbourhood Centre  
9 George Street  
Caboolture Q 4510

Family and Relationship Support  
Service (FaRSS)  
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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  
2019

Updated: 6/11/2018



**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**