



Education and Life Skills Program
COURSE CALENDAR
January to June 2012



Centacare Townsville

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Courses for Parents

Course	Course Overview	Date and times
Parenting Under 12's 6 x 2 hour sessions	<i>Covers topics such as child development, routines and responsibilities, communication, behaviour management, stress management and self esteem.</i>	Thurs 2 Feb – 8 March 9.30am – 11.30am Thurs 19 April – 24 May 9.30am – 11.30am
Hey Dad 6 x 2 hour sessions	<i>A course for men to explore the skills, benefits and challenges of fathering.</i>	Tues 15 May – 19 June 5.30pm – 7.30pm
123 Magic and Emotion Coaching 4 x 2 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions</i>	Tues 24 Jan – 14 Feb 10.00am – 12.00pm Tues 17 April – 8 May 5.30pm – 7.30pm Fri 4 May – 25 May 10.00am – 12.00pm
Engaging Adolescents 4 x 2 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Tues 28 Feb – 20 March 5.30pm – 7.30pm Tues 15 May – 5 June 5.30pm – 7.30pm
Parenting After Separation 4 x 2 hour sessions	<i>A course aiming to provide support and advice to separated parents, and assist them to build positive relationships with their children.</i>	Mon 14 May – 4 June 9.30am – 11.30am
Surviving ADHD 4 x 2 hour sessions	<i>Parenting program for families with children who have ADD/ADHD.</i>	Fri 1 June – 22 June 9.30am – 11.30am

Life Skills Courses for Adults

Course	Course Overview	Date and times
Outrage 8 x 2 hour sessions	<i>A supportive and positive course for men on expressing anger in a healthy way.</i>	Wed 25 Jan – 14 March 5.30pm – 7.30pm Wed 2 May – 20 June 5.30pm – 7.30pm
Exploring Anger with Women 8 x 2 hour sessions	<i>A course designed specifically for women to explore healthy ways to express anger.</i>	Wed 2 May – 20 June 10.00am – 12.00pm
Budgeting for Everyone 2 x 2 hour sessions	<i>Practical skills for budgeting effectively.</i>	Wed 21 Mar – 28 Mar 10.00am – 12.00pm
Self Esteem 2 x 2 hour sessions	<i>Develop the basic foundation for a healthy relationship with yourself and others.</i>	Thurs 31 May – 7 June 12.00pm – 2.00pm
Stress Management 2 x 2 hour sessions	<i>A course designed to assist in managing stress and creating balance in your life.</i>	Thurs 14 June – 21 June 12.00pm – 2.00pm
Marriage Preparation 2 x 2 hour group sessions and a couple follow up	<i>Couples are invited to escape the stress of wedding planning, and take time to explore their relationship and the kind of marriage they would like to have.</i>	Wed 1 Feb and 8 Feb 6.00pm – 8.00pm Wed 7 Mar and 14 Mar 6.00pm – 8.00pm Wed 4 April and 11 April 6.00pm – 8.00pm Wed 2 May and 9 May 6.00pm – 8.00pm Wed 6 June and 13 June 6.00pm – 8.00pm



Life Skills Courses for Children

Course	Course Overview	Date and times
Kaleidoscope 6-8 5 x 1 hour sessions Plus a compulsory information session for parents	<i>A course for children aged 6-8 years old to explore strengths and self esteem, emotions, personal safety, problem-solving and friendship building.</i>	Thurs 9 Feb – 8 March 3.30pm – 4.30pm (Parent info session Thurs 2 Feb at 3.30pm) Thurs 26 April – 24 May 3.30pm – 4.30pm (Parent info session Thurs 19 April at 3.30pm)
Kaleidoscope 9-11 5 x 1 hour sessions Plus a compulsory information session for parents	<i>A course for children aged 9-11 years old to explore strengths and self esteem, emotions, personal safety, problem-solving and friendship building.</i>	Tues 7 Feb – 6 March 3.30pm – 4.30pm (Parent info session Tues 31 Jan at 3.30pm) Tues 24 April – 22 May 3.30pm – 4.30pm (Parent info session Tues 17 April at 3.30pm)
Wobbly Jelly 3 x 1 hour sessions Plus a compulsory information session for parents.	<i>Protective behaviours and personal safety skills for 6-8 year olds.</i>	Thurs 7 June – 21 June 3.30pm – 4.30pm (Parent info session Thurs 31 May at 3.30pm)





Courses in the Northern Beaches

@ North Townsville Community Hub

52 Palm Drive, Deeragun

Course	Course Overview	Date and times
Self Esteem 1 x 2 hour session	<i>Develop the basic foundation for a healthy relationship with yourself and others</i>	Wed 15 February 12.30pm – 2.30pm
Engaging Adolescents 4 x 2 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Thurs 8 Mar – 29 Mar 9.30am – 11.30am
Budgeting 1 x 2 hour session	<i>Practical tips for budgeting effectively</i>	Wednesday 18 April 12.30pm – 2.30pm
Anger Management 1 x 2 hour session	<i>A supportive and positive session on expressing anger in a healthy way</i>	Wednesday 9 May 12.30pm – 2.30pm
123 Magic and Emotion Coaching 4 x 2 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions</i>	Wed 30 May – 20 Jun 12.30pm – 2.30pm

Courses in the Upper Ross

@ Good Shepherd Community Centre

Allambie Lane, Rasmussen

Course	Course Overview	Date and times
Self Esteem 1 x 2 hour sessions	<i>Develop the basic foundation for a healthy relationship with yourself and others</i>	Tuesday 21 February 12.00pm – 2.00pm
123 Magic and Emotion Coaching 4 x 2 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions</i>	Tues 6 Mar – 27 Mar 12.00pm – 2.00pm
Budgeting 1 x 2 hour session	<i>Practical tips for budgeting effectively</i>	Tuesday 17 April 12.00pm – 2.00pm
Stress Management 1 x 2 hour session	<i>A session to assist in managing stress and creating balance in your life.</i>	Tuesday 8 May 12.00pm – 2.00pm
Engaging Adolescents 4 x 2 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Tues 15 May – 5 June 12.00pm – 2.00pm
Anger Management 1 x 2 hour session	<i>A supportive and positive session on expressing anger in a healthy way</i>	Tuesday 19 June 12.00pm – 2.00pm



Courses in Ayr

@ Burdekin Neighbourhood Centre
40 Chippendale St, Ayr - Ph 4783 4243



Course	Course Overview	Date and times
Budgeting 1 x 2 hour session	<i>Practical tips for budgeting effectively</i>	Friday 10 February 10.00am – 12.00pm
Stress Management 1 x 2 hour session	<i>A session to assist in managing stress and creating balance in your life.</i>	Friday 24 February 10.00am – 12.00pm
123 Magic and Emotion Coaching 2 x 4 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions.</i>	Fri 2 March – 9 March 10.00am – 2.00pm FULL COURSE – must attend BOTH sessions
Engaging Adolescents 2 x 4 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Fri 23 March – 30 March 10.00 – 2.00pm FULL COURSE – must attend BOTH sessions
Parenting After Separation 4 x 2 hour sessions	<i>A course aiming to provide support and advice to separated parents, and assist them to build positive relationships with their children.</i>	Fri 20 April – 11 May 10.00am – 12.00pm
Self-Esteem 1 x 2 hour session	<i>Develop the basic foundation for a healthy relationship with yourself and others</i>	Friday 25 May 10.00am – 12.00pm
Anger Management 4 x 2 hour sessions	<i>A supportive and positive course on expressing anger in a healthy way</i>	Fri 1 June – 22 June 10.00am – 12.00pm

Courses in Charters Towers

@ Charters Towers Neighbourhood Centre
Corner of Jackson St and Powell Lane – Ph 4787 4797



Course	Course Overview	Date and times
Self Esteem 1 x 2 hour session	<i>Develop the basic foundation for a healthy relationship with yourself and others</i>	Mon 13 February 10.30am – 12:30pm
Budgeting 1 x 2 hour session	<i>Practical tips for budgeting effectively</i>	Mon 27 February 10.30am – 12:30pm
Anger Management 1 x 2 hour session	<i>A supportive and positive session on expressing anger in a healthy way.</i>	Mon 12 March 10.30am – 12:30pm
Stress Management 1 x 2 hour session	<i>A session to assist in managing stress and creating balance in your life.</i>	Mon 26 March 10.30am – 12:30pm
123 Magic and Emotion Coaching 2 x 4 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions.</i>	Mon 16 April – 23 April 10.30am – 2.30pm FULL COURSE – must attend BOTH sessions
Engaging Adolescents 2 x 4 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Mon 14 May – 21 May 10.30am – 2.30pm FULL COURSE – must attend BOTH sessions



Courses in Ingham

@ Hinchinbrook Community Support Centre
71 Townsville Rd, Ingham – Ph 4776 1822



Course	Course Overview	Date and times
Budgeting 1 x 2 hour session	<i>Practical tips for budgeting effectively</i>	Mon 6 February 10.30am – 12.30pm
Anger Management 1 x 2 hour session	<i>A supportive and positive session on expressing anger in a healthy way.</i>	Mon 20 February 10.30am – 12.30pm
Engaging Adolescents 2 x 4 hour sessions	<i>Aims to provide parents with skills to assess adolescent behaviour and to engage their teenager in 'tough conversation' when required.</i>	Mon 5 March – 12 March 10.30 – 2.30pm FULL COURSE – must attend BOTH sessions
123 Magic and Emotion Coaching 2 x 4 hour sessions	<i>Aims to provide parents with skills to manage difficult behaviours and help their children manage their emotions.</i>	Mon 19 March – 26 March 10.30 – 2.30pm FULL COURSE – must attend BOTH sessions
Parenting Under 12s 6 x 2 hour sessions FULL COURSE	<i>Covers topics such as child development, routines and responsibilities, communication, behaviour management, stress management and self esteem.</i>	Mon 16 Apr – 30 April & Mon 14 May – 28 May 10.30-12.30pm

Other courses offered by Centacare

The following courses are not offered on the current course calendar; however they can be run in schools and other organisations. If you are interested, please contact the ELS team on 4772 9000.

Feeling Deadly – 3 x 1 hour sessions – A course adapted for Aboriginal people and Torres Strait Islander people aiming to increase self-esteem.

Chill Out – 3 x 1 hour sessions – A stress-management course adapted for Aboriginal people and Torres Strait Islander people to assist in recognising signs of stress and learning ways to deal with stress.

Girls with a Purpose - 9 x 1 hour on life skills for young women, exploring self-esteem and strengths, communication, conflict resolution, healthy relationships, feelings, self-care and body image. This course has also been adapted for young Aboriginal women & Torres Strait Islander women.

In Control – 4 x 1 hour sessions – A course for adolescents who have problems with their expression of anger.

Corporate Team Development – Full or half day sessions – A team building session covering team roles, communication, conflict resolution, change management, effective team meetings, organisation culture, valuing work, boundaries and self-care.

Buddies – 6 x 1 hour sessions - A social skills program run in conjunction with primary schools exploring friendship, feelings, communication, winning and losing, problem-solving, bullying and team work.

Keeping Your Cool – 6 x 1 hour sessions – A program run in conjunction with primary schools to assist children with managing emotions, particularly anger. Explores feelings, early warning signs, communication, problem-solving, relaxation and involves the development of a Cool Plan.

Human Development – 4 x 1 hour sessions – A program run in conjunction with primary schools, teaching Year 7 students about healthy relationships, puberty and body development, reproduction and pregnancy, presented from the Catholic perspective.



Frequently Asked Questions

WHERE ARE COURSES HELD?

Due to renovations at the Centacare office, courses run between January and June will be held at various locations. Your enrolment letter will say where your course will be held, but if unsure, please contact the ELS team.

WILL YOU COME TO US?

We are able to adapt and deliver courses at schools and other organisations, depending on facilitator availability. For more details, including costs, please contact the ELS team leader on 4772 9000.

HOW MUCH DOES IT COST?

We have a sliding fee scale for our courses, which is based on household income:

Concession card holders*	Gold coin per session**
Combined annual income of under \$45000	\$5.00 per session
Combined annual income of \$45000 - \$70000	\$10.00 per session
Combined annual income of \$70000 and above	\$15.00 per session

*Concession cards must be presented each session.

**123 Magic and Emotion Coaching, Engaging Adolescents, and Building Connections will require a small fee (\$5 per session) to cover the cost of resources. Please speak to a facilitator for details.

Marriage Preparation costs \$165 per couple.

Courses for schools and organisations have a different fee scale. Please contact the ELS team leader for further details.

IS CHILD-MINDING/TRANSPORT AVAILABLE?

Sorry, child-mind facilities or transport are not available. Please make arrangements for your child's care, and transport to and from courses, prior to commencement.

ARE COURSES EVER CANCELLED?

The dates and times are subject to change. While we do our best not to postpone courses, there are times when courses may be cancelled at short notice. Courses may be cancelled if there are not enough participants.

HOW DO I SIGN UP?

Call the ELS team on 4772 9000, and ask to enroll in a course. You will then be placed on our database, and when your course is coming up and there is a space available for you, you will be contacted via phone and mail.