

parents wellbeing group

8-week program for parents of 0 – 18 year olds

A mindful space to help strengthen your health, emotions and relationships.



Would you like to feel more calm, connected and compassionate with your child, and within yourself?

- Develop skills to better deal with daily stresses and build resilience
- Learn techniques to cultivate mindfulness for more self-awareness and less reactivity
- Discover health benefits and simple daily practices

Mondays

**10 February to 30 March 2020
10.00am – 1.00pm**

**The Northern Centre @ West
Ryde Community Centre
3-5 Anthony Road West Ryde**



Facilitator: Faye Ryan

- Masters in Social Health & Counselling
- Family Worker at The Northern Centre
- Accredited facilitator for Tuning in to Kids workshop
- Completed level 1 training of Mindfulness Based Stressed Reduction (MBSR) program

Register your interest ...

<http://thenortherncentre.org.au/parenting-programs/>



For more information on MBSR [click here](#), or to watch an ABC Catalyst program on MBSR [here](#).

the **northern**centre



northerncentre
 where we connect, grow our community

2020 term I

Parenting Program timetable

Triple P Parenting Program **Mandarin** Limited childcare available
 11 February – 3 March

Mindful Parenting Program **English**
 10 February – 30 March
 Mondays: 10:00am to 1.00pm

Programs held at The Northern Centre, 3-5 Anthony Road, West Ryde
 Register Your Interest at <http://thenortherncentre.org.au/parenting-programs/>



Term I Group Programs at Relationships Australia

Parenting After Separation—Focus on Kids	Mondays 17th Feb— 23rd March 6.00-8.30pm	6 weeks	68 Waterloo Rd, Macquarie Park	\$280 per person
Parenting After Separation—Focus on Kids	Tuesdays 18th Feb— 24th March 6.00-8.30pm	6 weeks	651 Pittwater Rd, Dee Why	\$280 per person
Circle of Security	Wednesdays 12th Feb— 1st April 5.30-7.30pm	8 weeks	651 Pittwater Rd, Dee Why	Free
Tuning in to Teens	Mondays 17th Feb— 23rd March 5.30-7.30pm	6 weeks	651 Pittwater Rd, Dee Why	Free
Chinese Circle of Security (Mandarin)	Tuesdays 28th Jan—10th March 10.00am-12.00pm	7 weeks	Gordon Centre, 20-22 Park Ave, Gordon	Free

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