Family and Relationship Services - Term 3 Workshops 2021

Tuning in to Teens

5 Consecutive Thursdays

22nd July-19th August

9:30am-11:45am

A **five-session** program designed to assist parents to communicate with their pre-teen/teenager, build stronger relationships and develop emotional intelligence.

@ CRANES-11 Kemp Street Grafton

Tuning in to Kids

6 Consecutive Tuesdays

20th July-24th August

10am-12:30pm

Tuning in to Kids. A **six-session** program that shows you how to help your child develop emotional intelligence by learning the skill of emotion coaching.

@ Treelands Drive Community Centre Yamba

Bringing Up Great Kids For Foster Carers

4 consecutive Thursdays

26th August-16th September

9:30am -1:45pm

Bringing Up Great Kids is a reflective, mindful, respectful program that provides carers with an opportunity to reflect on their parenting journey.

@ CRANES-11 Kemp Street Grafton

Thoughtful Parenting

2 Consecutive Wednesdays

1st & 8th September

9:30am-12pm

A **two-session** workshop that generates discussion relevant to parenting. The issues, the joys and the challenges.

@ Cranes-11 Kemp Street Grafton

CRANES

After the Storm

6 Consecutive Wednesdays

21st July-25th August

9:30am-12:30pm

Clarence River Domestic & Family Violence Specialist Service and CRANES have partnered for this **six-session** program to support those who are parenting after family violence.

@ CRANES-11 Kemp Street Grafton

Keep Calm & Communicate

2 Tuesday Sessions

31st August & 14th September

10am-12:30pm

A **two-session** workshop providing parents with information on how stress affects our wellbeing and the importance of keeping calm under pressure. Learn how children age 0-5 communicate and make sense of what your child is asking from you.

@The Child & Family Wellbeing Hub-
18-26 Victoria St, Grafton

Toddler Tantrum Toolbox

7th September

9:30-12:15pm

A **half-day** workshop that provides information and strategies on handling melt-downs and tantrums. Suits parents with children in the 2 to 7 year age range.

@ Cranes-11 Kemp Street Grafton

CRANES' workshops are FREE

****To be eligible to attend a FARS program or workshop you must have a child in your care or support someone who does.** This may include foster and kinship carers and persons seeking access to or restoration.

Call CRANES for inquiries or to register

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

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