

# What's on across the region...

CatholicCare Sandhurst offers a wide range of programs for parents, children and couples.  
Unless otherwise indicated all programs are held at CatholicCare Sandhurst.

## Term 1 – Bendigo

### It's About the Kids (post separation parenting program)

**When:** Saturday 4th and 18th Feb  
**Time:** 10am - 3pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Kate Kerlin on 5438 1300

### Recovering from Separation

**When:** Wednesdays, 8th Feb - 29th March  
(8 weeks)  
**Time:** 7pm - 9pm  
**Cost:** \$50 (\$25 concession)  
**Contact:** Ky Gregg on 5438 1300

### Tuning in to Teens

**When:** Thursdays, 16th Feb - 23rd March  
(6 weeks)  
**Time:** 7pm - 9pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Ky Gregg on 5438 1300

### Boys Brains

**When:** Monday 20th Feb  
**Time:** 6.30pm - 9pm  
**Cost:** \$10 (\$5 concession)  
**Contact:** Ky Gregg on 5438 1300

### It's About the Kids (post separation parenting program)

**When:** Tuesdays, 28th Feb to 28th March  
(5 weeks)  
**Time:** 12.30pm - 3pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Kate Kerlin on 5438 1300

### Life Partnership Workshop

**When:** Sunday 5th March  
**Time:** 9.30am - 1.30pm  
**Cost:** \$200 per couple (negotiable)  
**Contact:** Anne-Maree on 5438 1300

### Seasons for Growth Companion Training

**When:** Thursdays, 16th and 23rd March  
**Time:** 10am - 4pm  
**Cost:** www.goodgrief.org.au  
**Contact:** Narelle Williams on 5438 1300

### Parenting Conversations – 6-10 year olds

**When:** Wednesday 22nd March  
**Time:** 10am - 11.30am  
**Contact:** Ky Gregg on 5438 1300

### Boys Brains for Professionals

**When:** Tuesday 28th March  
**Time:** 6.30pm - 9pm  
**Cost:** \$40  
**Contact:** Ky Gregg on 5438 1300

## Term 1 – Regional

### Tuning in to Kids

**When:** Monday 6th, 20th, 27th March (3 sessions)  
**Time:** 10.30am - 2.30pm  
**Where:** Wycheproof Community Resource Centre  
**Contact:** Jenna McNicol on 5493 7455

### Connecting with Kids (using emotional intelligence)

**When:** Tuesday 7th March  
**Time:** 7pm - 9.30pm  
**Where:** Maldon Neighbourhood Centre  
**Contact:** Amy on 5475 2093

## Term 2 – Bendigo

*Information on additional regional workshops will be available closer to term 2.*

### Supporting Separated Families for Professionals

**When:** Thursday 20th April  
**Time:** 6.30pm - 9pm  
**Contact:** Ky Gregg on 5438 1300

### It's About the Kids – 2 day program (post separation parenting program)

**When:** Saturday 22nd and 29th April  
**Time:** 10am - 3pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Kate Kerlin on 5438 1300

### Seasons for Growth – Children's Program

**When:** Mondays, 1st May - 26th June (8 weeks)  
**Time:** 4pm - 5pm (3.45pm afternoon tea)  
**Cost:** \$25 (\$15 concession)  
**Contact:** Jo Rodriguez 5438 1300

### Tuning in to Kids

**When:** Tuesdays, 2nd May - 6th June (6 sessions)  
**Time:** 6.30 - 8.30pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Ky Gregg on 5438 1300

**Book now!** Groups are subject to maximum and minimum numbers.  
Unfortunately child care facilities are not available unless specified.

## Life Partnership Workshop

**When:** Sunday 7th May  
**Time:** 9.30am - 1.30pm  
**Cost:** \$200 per couple (negotiable)  
**Contact:** Anne-Maree on 5438 1300

## It's About the Kids (post separation parenting program)

**When:** Fridays, 12th May - 9th June (5 weeks)  
**Time:** 10am - 12.30pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Kate Kerlin on 5438 1300

## Parenting Conversations – Birth-5 year olds

**When:** Thursday 15th June  
**Time:** 10am - 11.30am  
**Contact:** Ky Gregg on 5438 1300

## Stepfamilies

**When:** Saturday 17th June  
**Time:** 9.30am - 1.30pm  
**Cost:** \$20 (\$10 concession)  
**Contact:** Ky Gregg on 5438 1300

# Program and workshop information

## For parents

### Tuning into Kids

In this six session program you'll find out how to help your child understand and manage feelings such as worry, frustration and anger.

### Parenting Conversation

This is an opportunity for parents to gather in an informal, small group setting (8 parents maximum) and discuss parenting issues and ideas. The facilitator will support sharing of ideas and discuss possible strategies which may assist you as a parent.

## For children

### Seasons for Growth

An eight week program that assists children to manage and understand the changes they experience when a loss occurs in their life; the death of a family member or friend, family separation, change of school or other life change.

## Workshops

### Boys Brains

This workshop will give insight into the workings of a boy's brain and how their learning needs are different to girls. It provides practical strategies to help parents and carers understand and meet boys' needs.

### Connecting with Kids

Using emotional intelligence to understand and guide children's behaviour, this workshop covers beliefs around parenting and includes information on brain development and children's emotional development.

## Family separation

### Recovering From Separation Program

An eight week program for people wanting to find ways to move on; it covers responding to emotions, managing difficult situations and letting go.

### It's About the Kids

This is a program for separated parents who are experiencing ongoing conflict. It is designed to:

- Assist parents to understand their children's experience of parental separation.
- Develop greater understanding about how to support children following family separation.
- Learn ways to communicate respectfully with your co-parent.

## Relationship education

### Life Partnership Workshop

This half-day workshop is for couples getting married or committing to a long term relationship. The workshop explores key relationship themes such as family background, communication, dealing with differences and managing conflict.

## Stepfamilies

### Stepfamily Workshop

This four hour workshop will provide an introduction to the unique and often complex issues associated with step family relationships. It will cover children, the parenting role and couple dynamics.

## Professional development

We offer a range of professional development seminars and workshops. Contact Narelle on 5438 1300 to discuss your needs.

**These events, workshops and programs are arranged by CatholicCare Sandhurst**

Visit [www.ccds.org.au](http://www.ccds.org.au) for more information or contact us direct.

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