

# What's on across the region...

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

## Term 2 – Bendigo

### Supporting Separated Families for Professionals

**When:** Thursday 20th April  
**Time:** 6.30pm - 9pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** CCS Reception 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, 9th May - 13th June (6 sessions)  
**Time:** 6.30 - 8.30pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** Jo Rodriguez on 5438 1300

### 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

### Knowing your Teen

**When:** Thursday 1st June  
**Time:** 6pm - 8.30pm  
**Where:** Marist College  
95 Golf Links Rd, Maiden Gully  
**Contact:** Jan Nelson on 5400 1252

### Parenting Conversations – Birth-5 year olds

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

### Stepfamilies

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

## Term 2 – Regional

### Kids and Worry

**When:** Thursday 20th April  
**Time:** 6.30pm - 9pm  
**Where:** St Joseph's Primary School, Kerang  
**Contact:** Debbie or Cathy on 5452 1426

### Boys Brains

**When:** Friday 21st April  
**Time:** 10am - 12.30pm  
**Where:** St Mary's Primary School, Cohuna  
**Contact:** Jenny on 5456 2062

### Knowing your Teen

**When:** Wednesday 17th May  
**Time:** 6pm - 8.30pm  
**Where:** 61-63 Woods Street, Donald  
**Contact:** Katharine on 0477 340 497

### Kids and Worry

**When:** Wednesday 3rd May  
**Time:** 9.15am - 11.45am  
**Where:** St Joseph's Primary School, Rochester  
**Contact:** St Joseph's Reception on 5484 1797

### Kids and Anger

**When:** Tuesday 23rd May  
**Time:** 1pm - 3.20pm  
**Where:** St Mary's Primary School, Echuca  
**Contact:** Mel on 5482 1342

### Boys Brains

**When:** Thursday 25th May  
**Time:** 9.30am - 12.00pm  
**Where:** KCLC - 25 Lake Rd, Kyabram  
**Contact:** Elle Grabham on 5480 2388

### Connecting with Kids

**When:** Wednesday 28th June  
**Time:** 10am - 12.00pm  
**Where:** BRIC 119-121 Godfrey St, Boort  
**Contact:** Loretta on 5455 2716

## Term 3

Information on additional regional workshops will be available closer to term 3.

### Boys Brains for Professionals

**When:** Wednesday 19th July  
**Time:** 9.30am - 12pm  
**Cost:** \$40 (\$20 concession)  
**Contact:** CCS Reception on 5438 1300

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

## Term 3

### Life Partnership Workshop (Shepparton)

**When:** Tuesday 15th and 22nd August  
**Time:** 5pm - 7pm  
**Cost:** \$200 per couple (negotiable)  
**Contact:** CCS Reception on 5820 0444

### Life Partnership Workshop (Bendigo)

**When:** Sunday 27th August  
**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:** Tuesdays, 22nd August - 19th September (5 weeks)  
**Time:** 12.30pm - 3pm  
**Contact:** Kate Kerlin on 5438 1300

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

**When:** Wednesdays, 23rd August - 20th September (5 weeks)  
**Time:** 6.30pm - 9pm  
**Contact:** Kate Kerlin on 5438 1300

### Parenting Conversations – 11-15 year olds

**When:** Tuesday 5th September  
**Time:** 10am - 11.30am  
**Contact:** CCS Reception on 5438 1300

## Program and workshop information

### For parents

#### Tuning into Kids

Find out how to help your child understand and manage feelings such as worry, frustration and anger.

#### Parenting Conversations

An opportunity for parents to gather in a small, informal group to discuss parenting issues and ideas.

### For children

#### Seasons for Growth

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

Insight into the workings of a boy's brain and how their learning needs are different to girls.

#### Kids and Worry

Explore strategies that may help your child worry less.

#### Knowing your Teen

Information, understanding and strategies for this stage of development.

#### Kids and Anger

Explore reasons why children get angry, understand your response to your child's anger and gain strategies in assisting children to appropriately express anger.

### Family separation

#### Recovering From Separation 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

For separated parents experiencing ongoing conflict. This program explores ways to support children following family separation and provides you with strategies to develop effective co-parenting communication.

### Relationship education

#### Life Partnership Workshop

For couples committing to a long term relationship, exploring key relationship themes such as family background, communication, dealing with differences and managing conflict.

### Stepfamilies

#### Stepfamily Workshop

An introduction to the unique and often complex issues associated with step family relationships. It covers 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.

176-178 McCrae Street, Bendigo | Phone: 5438 1300

68 Wyndham Street, Shepparton | Phone: 5820.0444