



## TERM 3 2020 Workshops

### Dads Tuning in to Kids

'Dads Tuning in to Kids' is an evidence-based **six-week program** that focuses on improving emotional connection with children by *emotion coaching*. This program is an opportunity for fathers to connect with other dads to discuss ways to supportively respond to children.

Online

August 3rd - September 7th  
5:30pm to 7:30pm

### My Kids and Me

This is a **seven-week course** for parents whose children have been placed in care. The course aims to improve relationships between parents and their children, carers, caseworkers and other professionals who may be involved.

Grafton

August 4th - September 15th  
10:00am to 12:30pm

### 1-2-3 Magic & Emotion Coaching

This **three-week** evidence-based program teaches simple strategies for managing behaviour and the practice of emotion coaching to encourage good behaviour.

Grafton

August 6th - August 20th  
10:00am to 12:30pm

### Pre-Teens and Screens

A **half-day workshop** to increase parents' confidence when communicating with young people and setting boundaries around the use of digital technology.

Online

August 19th

### How to Talk so Kids Will Listen

A **half-day workshop** which explores emotionally intelligent parenting, problem solving and ways to communicate with children using the *5 love languages*.

Grafton

August 27th  
9:30am to 12:30pm

Yamba

September 18th  
10:00am to 1:00pm

### Calmer Kids Calmer Homes

A **two-day** workshop to teach self regulation to children. Learn strategies to improve social and emotional wellbeing, explore mindfulness and 'care of the carer'.

Coffs Harbour

September 3rd & 10th  
10:00am to 1:00pm

Grafton

September 14th & 21st  
5:30pm to 7:30pm

### No Scaredy Cats

A **three-week resilience-building program** to increase parents' confidence in helping their children reduce anxiety. This program will also be of benefit to parents of children with additional needs.

Grafton

September 2nd - September 16th  
10:00am to 12:30pm

### Venues

Grafton

11 Kemp Street, Grafton

Yamba

24 Treelands Drive, Yamba

Coffs Harbour

167 Orlando Street, Coffs Harbour

Call CRANES for enquires or to register  
(no referral necessary)

CRANES' workshops are FREE of charge and  
can also be accessed ONLINE

NOTE: To be eligible for our free workshops you must have  
a child in your care, seeking access to or restoration of a  
child or support someone who does.

CRANES' Family and Relationship Services is funded by the Dept. of Social Services

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