

Marymead Women's Groups – 2010 Terms 3 & 4

Course Name & Description	Dates / Time / Venue	Cost & Support
<p>Parenting for Positive Relationships</p> <p>A six session group for mums wanting to strengthen their relationship with their children and other family members. Topics include the nature of relationships, strengthening interactions with children and the basis for good communication.</p>	<p>Tuesdays 3rd August to 7th Sept 10:00 am – 1:30 pm</p> <p>Marymead Child & Family Centre 255 Goyder St, Narrabundah</p>	<p>\$60 or \$30 concession</p> <p>Lunch provided</p> <p>Assistance with transport and childcare available if needed</p> <p>Bookings essential</p>
<p>Self-Care for Mums</p> <p>A four session group for mums who have a busy life and find little time for themselves. Both you and your family will benefit from making time for you a habit. Fun and educational.</p>	<p>Mondays 26th July to 16th August 10:00 am – 1:30 pm</p> <p>Marymead Child & Family Centre 255 Goyder St, Narrabundah</p>	<p>\$40 or \$20.00 concession</p> <p>Lunch provided</p> <p>Assistance with transport and childcare available if needed</p> <p>Bookings essential</p>
<p>Parenting for Positive Behaviours</p> <p>A six session group for mums wanting to strengthen their skills for encouraging positive behaviour in their children. Topics include the causes of problem behaviour, changing behaviour, encouraging desirable behaviour and managing inappropriate behaviour.</p>	<p>Tuesdays 19th October to 23rd Nov 10:00 am – 1:30 pm</p> <p>Marymead Child & Family Centre 255 Goyder St, Narrabundah</p>	<p>\$60 or \$30 concession</p> <p>Lunch provided</p> <p>Assistance with transport and childcare available if needed</p> <p>Bookings essential</p>
<p>Separated Mums Parenting Group</p> <p>A five session group for mums that have separated from the father of their children and want to explore their feelings in a supportive group and strengthen their sole parenting skills.</p>	<p>Mondays 25th October to 22nd Nov 10:00am – 1:30pm</p> <p>Marymead Child & Family Centre 255 Goyder St, Narrabundah</p>	<p>\$50 or \$25.00 concession</p> <p>Lunch provided</p> <p>Assistance with transport and childcare available if needed</p> <p>Bookings essential</p>

Grandparents Program – 2010 Terms 3 & 4

Program Name & Description	Dates / Time	Cost / Venue
<p>Grandparents Raising Grandchildren</p> <p>A program providing information and support to grandparents raising grandchildren.</p>	<p>The second Wednesday of the month from 12.00pm to 2.30pm</p> <p>Proposed Dates: 21/7, 11/8, 15/9, 13/10, 10/11</p> <p>Please note that the July and September meetings will be held in the 3rd week of the month.</p> <p>The Christmas Party will be held on a date to be advised</p>	<p>No Cost</p> <p>Please bring along plate to share for lunch</p> <p>Marymead 255 Goyder St, Narrabundah</p> <p>Or as otherwise advertised.</p>

For information on any of the above groups or the Grandparents Program please contact:

Mary Ford Ph: (02) 6162 5872 or e-mail: mary.ford@marymead.org.au

Funded by the Australian Department of Families, Housing
 Community Services and Indigenous Affairs and the
 ACT Office for Children, Youth and Family Support

