

# Parenting & Wellbeing Workshops

at The Infants' Home, 17 Henry St, Ashfield

Calendar—Term 1, 2019



the infants' home  
CHILD & FAMILY SERVICES

## Tuning in to Teens

Emotionally Intelligent Parenting

A six session parenting program for  
parents of adolescents

4th March— 8th April (6 weeks)

Monday evenings 6pm—8.30pm

Course cost: FREE

**Facilitators:** Felicity Meehan and Danielle Pretty  
Clinical Nurse Consultants  
from Sydney Local Health District

**Would you like to learn how to:**

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

The program will teach you how to manage your own and your adolescents emotions in ways that help you to remain close and keep communicating.

**For more information and to register contact:**  
**Danielle Pretty on 0434 151 772 or email:**  
**danielle.pretty@health.nsw.gov.au**



## Circle of Security

A Relationship Based Program  
for parents of children aged 0 - 8

Monday 11th February - 1st April , 2019  
10.00am—12pm

Course cost: FREE; child-minding \$5 per family  
per session for children aged 9months to 5yrs

Facilitator COS Trained - Tresillian

**Would you like to:**

- Better understand your children's needs?
- Encourage your children to feel safe and secure?
- Feel more confident as a parent?

Then we invite you to enrol in this parent education course, which provides support and information in a small group setting.

**For more information and to register contact:**  
Alicia Olles on 9799-4844 or email  
aolles@theinfantshome.org.au  
This program is run in partnership with



## Wellbeing Pilates

STEPPING UP WELLBEING WORKSHOP  
FOR WOMEN

The Pilates Program embraces mind- body connection. The benefits of this program can include lower stress levels, increased strength, flexibility, balance & coordination.

Please come and join us and become more aware of our movements and how they make us feel.

**Facilitator:** Lilian Sutila

**Date:** Thursday 7th March —  
Thursday 11th April

**Venue:** The Infants' Home, 17 Henry St, Ashfield

**Time:** 10am – 11am

**Cost:** Course \$40 (total cost for 6 weeks)  
Child Minding if needed \$5 per  
family/per session

Non refundable once payment has been received

**Dress:** Comfortable

To register please contact Fiona Lambrou on  
9799 4844 or email:  
flambrou@theinfantshome.org.au