



Centacare

Catholic Diocese of Rockhampton

79 Woongarra Street, Bundaberg

Phone 4131 6800

www.centacare.net



How to Raise your Children's Self Esteem

3 February 2010 6.30pm-8.30pm

The workshop will look at topics such as -

- Recognising how we perceive our own self esteem
- Recognising the self esteem of children
- Strategies to improve children's self esteem



123 Magic

Course dates— 24 February 2010 6.30-8.30pm, 3 March 2010 6.30-8.30pm, 10 March 2010 6.30-8.30pm
—all three sessions must be attended.
Cost is \$10 per family per 2 hour session, fees can be negotiated if needed.

A three week course, with sessions taking 2 hours covering:

- Recognizing and Sorting Behavior
- Changing Patterns and learning to count
- Extending new skills

Has been shown to work with children who are diagnosed with ADD / ADHD and other behavioral issues



Relaxation, Problem Solving and Coping with Stress

31 March 2010 6.30pm -8.30pm

Centacare will be holding a 2 hour workshop on learning problem solving skills, coping with stress and learning some relaxation techniques.



Positive Assertiveness

5 May 2010 6.30pm -8.30pm

Information will be provided on Behaviour styles:

- What is assertive behaviour?
- Elements of assertive communication
- Assertive skills



Coping with Depression and Anxiety

19 May 2010 6.30pm -8.30pm

Topics covered include:

- Understanding what depression and anxiety is.
- The effects of and coping with cognitive errors.
- Identifying the symptoms
- Coping with depression and anxiety

If you are interested in attending any of these sessions, please phone Centacare on 4131 6800 to register.

Bookings are essential. Cost \$10 per person per session. (Fees can be negotiated). Workshops will be held in our Conference Room at 79 Woongarra Street, Bundaberg.

