

I CAN KIDS

This is a 3 week educational activity based program which assists children to develop self-esteem, resilience and social networks.

Social networks, good self esteem and resilience, allow children to triumph over trauma; without it, trauma (adversity) triumphs. The crises children face both within their families and communities can overwhelm them. Along with food and shelter, children need love and trust, hope and autonomy. Along with safe havens, they need safe relationships that can foster friendships and commitment. They need the loving support and self-confidence, the faith in themselves and their world, all of which builds resilience.

Primary School age children
(Primarily 7-9 year olds but is adaptable)

Better delivered in smaller more intimate groups. Appropriate also for the able siblings of the child with a disability.

Cognitive age and abilities – to allow tailoring the program to suite the audience/s.

Can run as designed with little adaptation.



www.centacare.net

For all appointments, re-scheduling
and enquiries please call

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Also providing services in:

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Building Family Capacity



**Early intervention for children
with disabilities**





1-2-3 Magic® and Emotion Coaching Parenting Course

The program consists of a 2 hour session for Three weeks and is delivered to small groups.

Aimed at parenting with children 2-12 years
Child's cognitive age of at least 2 years

A class that will provide a humorous look at parenting and a serious look at discipline.

- How to discipline without arguing, yelling, or spanking
- How to control obnoxious behaviour
- How to handle the 6 kinds of testing and manipulation
- 5 tactics for encouraging good behavior
- What to do about bedtime, messy rooms, lying chores,
- Home work, etc.
- How to strengthen your relationship with your child

1-2-3 Magic program works well with most children. Special needs kids simply need the program more! Teachers use it in special education classes and parents use it at home with youngsters who carry a range of diagnoses. 1-2-3 Magic has also been used successfully in inpatient psychiatric settings. The chief requirement for a child to respond to the 1-2-3 is that the youngster has a mental age of at least two. And the reason 1-2-3 Magic is used with so many different types of children is this: No matter what kind of problem a child has, managing the child's difficult behaviour and encouraging positive behaviour are always major goals of caretakers.

parentshop
PTY LTD



The program consists of a one hours session for 9 weeks and is delivered to small groups.

Aimed at Adults and children over the cognitive age of 4 years

The program is a gentle way to look at and accept the various 'seasons' of our lives – and the changes these bring.

We learn to deal with, change, grief and loss – and accept change as an opportunity rather than a punishment or challenge.

Participant manuals are age group specific – so able to be used with any age – from prep to adult.



Adult Program

Seasons for Growth aims to build resilience and bring peace and hope to adults who have experienced significant change or loss. Grief may be due any number of experiences: bereavement, relationship breakdown, coming to a new country or experiencing a natural disaster. It may be a recent loss, or something that happened a long while back.

Seasons for Growth provides an opportunity to examine how loss and grief have impacted on one's life. It imparts knowledge, skills and attitudes to enable participants to understand and manage their grief experience.

In small, confidential groups, participants share their stories with one another, helping to normalise their experiences. Through discussion, journaling and private reflection, they connect with one another in ways that build understanding and decrease isolation. A trained Companion guides participants through the journey.

"It is such a gentle way to explore losses and issues... I have used these skills over time to cope with different situations." Participant

"Sharing gives them confidence, courage, and purpose. They look at and experience life differently." Companion

"I have grown through the course... I still have some anger, but no longer the resentment." Participant