

Groups for Children

Rollercoasters



This program caters for two different age groups, and is specifically for children affected by parental separation and divorce. The two main topics for both age groups look at change and emotions.

These 4 hour groups run over 2 sessions both 4.00pm to 6.00pm. Both groups will run from Windermere's Biala, located in Berwick. Siblings are welcome. Due to the popularity of these groups, names are taken on a waiting list for future groups and you will be contacted prior to advertising these groups. Additional groups may be added if demand is high enough.

TERM 3: 5-8 year olds: This group is already FULL.

TERM 4: 5-8 year olds: This group is strictly limited to 8 children. Program cost is \$10 per child. Dates TBA.

TERM 4: 9-12 year olds: This group is strictly limited to 10 children. Program cost is \$10 per child. Dates TBA.



VENUES:

Windermere, 48 Webb Street, Narre Warren

Windermere's Biala, 26 Parkhill Drive, Berwick (Melways map 110, J6, behind the Community Health Centre)

Pakenham Living & Learning Centre, 68 Henry Street, Pakenham (Melways map 317, E7)

2011 Groups

It is anticipated that many of the groups listed in this brochure will run again at some time in 2011. However, no dates or times can be confirmed at this time.

Flyers with the full information about current upcoming groups can be downloaded from the Windermere website (see the "Upcoming Groups" tab, right hand menu, on the website's front page).

Please call Windermere's Counselling service on 9705 3200 to make an enquiry about any group, to put your name on a waiting list for a future group, or to register for a group.

Contact Counselling Intake on 9705 3200 if you wish to self-refer for individual counselling (including family violence and sexual assault counselling) or our Dry Nights program.

Windermere Child & Family Services

Head Office
48 Webb Street
Narre Warren 3805

Phone: 9705 3200
Web: www.windermere.org.au
E-mail: info@windermere.org.au

2010 Groups Term 3 and 4



Windermere Child & Family Services

TERM 3

12 July to 17 September

TERM 4

4 October to 17 December



Windermere™

everyone is someone
in our community

Last updated: 21 June 2010

Groups for Parents

1-2-3 Magic Parenting Program

For parents of children aged 2-12 years

This 3 session program explores issues relating to parenting pre-school and primary-school aged children, in particular lessening parental frustrations and learning proven techniques for managing children's difficult behaviour.



1-2-3 Magic program cost is \$45 per person (\$15 per week), or \$70 per couple.

TERM 3: Wednesdays - 21 & 28 July, 4 August. To run from 6.45pm to 9.00pm at Narre Warren, this program will suit busy parents and couples. No childcare will be provided.

TERM 3: Mondays - 30 August, 6 & 13 September. To run from 9.30am to 12noon at Narre Warren. No childcare will be provided.



TERM 4: Mondays - 8, 15 & 22 November. See flyer on website for venue closer to start of group. To run from 9.30am to 12noon. No childcare will be provided.

Parents say:

- "Easy to understand, providing practical solutions."
- "I learned to love and respect my child even more and I get the same response back."
- "I liked the way we parents can correct our children without getting frustrated or angry."

Post Separation Parenting Program

The focus of this 3 session program is on helping parents to reduce the effects of parental conflict on their children. (This group can only have one parent from a separating couple attend each group.)

Program cost is \$45 per person (\$15 per week).



TERM 3: Mondays, 9, 16 & 23 August. To run from 7.00pm to 9.00pm, at Narre Warren.

TERM 4: Mondays, 11, 18 & 25 October. To run from 9.30am to 11.30am at Pakenham Living & Learning Centre.

- "I gained more knowledge on how to deal with the other parent."
- "I learned new methods on how to help my children deal with all this."
- "I now have a better understanding on how all parties relate to the ongoing separation of the parents."

STEPS Program

This 6 week program is specifically for couples living in a stepfamily, and looks at ways to make stepfamilies work.



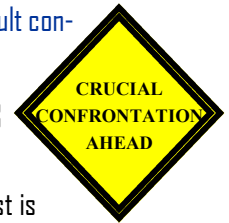
TERM 3 only: Wednesday 11 August to 15 September from 7.00pm to 9.00pm. The program cost is \$15 per week per couple, or \$60 per couple. Payment due prior to group commencing to confirm your place. Next group in 2011.

Topics include: Know your stepfamily, children and couple's issues, roles in a step family and communication skills.

Engaging Adolescents

For parents of teens (and pre-teens), this 3 session program covers understanding adolescence, understanding your job as a parent of a teen, what's worth reacting to, and how to successfully have difficult conversations with your teen.

TERM 4 ONLY: Mondays, 29 Nov, 6 & 13 December. Mondays from 6.45pm to 9.00pm at Narre Warren. Program cost is \$45 per person (\$15 per week), or \$70 per couple.



Parent and child group



Change group for BOYS

Dealing with managing strong emotions, especially anger, this group is for pre-teen BOYS (9-12 years) AND their parents. Parent and child sessions will run concurrently.

TERM 4 only: This 8 week group starts on Wednesday 20 October, running from 4.00pm to 5.30pm, at Narre Warren. Cost is \$10 per family per week, or \$65 per family if paid in full prior to the group commencing.