

Term 1 & 2 2010 Group dates

TERM 1:

1-2-3 Magic: 11, 18 & 25 March (mornings—Cranbourne)

Post Separation Parenting: 10 to 24 March (evening)

Rollercoasters: 5-8 year olds, 15 & 22 March (after school)

TERM 2:

Change: Pre-teen girls, 5 May to 23 June (after school)

Engaging Adolescents: 14 to 28 April (evening)

In Charge: Teen girls, 27 April to 1 June (after school)

Post Separation Parenting: 8, 15 & 22 June (morning)

Rollercoasters: 9-12 year olds, 13 & 20 April (after school)

Rollercoasters: 5-8 year olds, 15 & 22 March (after school)

1-2-3 Magic: Evening session dates to be advised

1-2-3 Magic: 3, 10 & 17 May (mornings—Dandenong)

Flyers with the full information about any group can be downloaded from the Windermere website.

Please call Julie Speirs on 9705 3200 to make an enquiry about a group or to register for a group.

Term 3 & 4 2010 Groups

It is anticipated that many of the groups listed in this brochure will run again at some time in either Term 3 &/or 4 2010.

However, no dates or times can be confirmed at this time. Feel free to contact Windermere if you have any queries or you would like to put your name on a waiting list for a future group.

STEPS: To run next in TERM 3 only: Specifically for couples living in a step family (step and/or biological parent), looking at ways to make stepfamilies work.
Call to be placed on the waiting list for this group.

Windermere Child & Family Services

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Groups for Term 1 and 2 2010



Windermere Child & Family Services



Everybody is someone in our community

Last updated: 25 February 2010

Groups for Parents in 2010

1-2-3 Magic Parenting Program

Managing Difficult behaviour in Children aged 2-12 years



TERM 1: This program will run over 3 Thursday mornings from 9.30am to 11.30am at Cranbourne Park Primary School. Cost is free. No childcare will be provided

TERM 2: This morning program will be run for the first time in conjunction with the City of Greater Dandenong at the Dandenong Library. The 3 sessions will be from 9.30am to 12noon in May. Cost TBA. No childcare will be provided.



TERM 2: An EVENING program that will suit working parents and couples. To run from 6.45pm to 9.00pm at Windermere's Narre Warren office. Cost TBA. No childcare will be provided.

Engaging Adolescents (JUST ANNOUNCED)

TERM 2: This program is for parents of teenagers, and looks at the role of adolescence, the role of parents, and how to have that really difficult conversation with your teen. To be run over three Wednesday evenings, 7pm to 9pm, at Narre Warren. Cost is \$30 per person, \$50 per couple.

Post Separation Parenting Group

The focus of this program is on helping parents to reduce the affects of parental conflict on their children.



TERM 1: Running in March, this will be an evening group, 7.00pm to 9.00pm held at our Narre Warren office. Cost is \$30 for 3 weeks. This group can only have one parent from a separating couple attend.



TERM 2: Term 2 will be a morning group from 9.30am to 11.30am, with the venue TBA. Cost is \$30 for 3 weeks. This group can only have one parent from a separating couple attend.

Parent and child group in 2010

Change group for girls

TERM 2 only: Dealing with managing strong emotions, especially anger, this group is for pre-teen *girls* (9-12 years) AND their parents, with both sessions running concurrently. The group sessions will be held on a Wednesday, from 4.00pm to 5.30pm, for 8 weeks, at Narre Warren. A girls group will only run once in 2010.



(A Change group for boys will run in Term 4, 2010)

Groups for young people in 2010

Rollercoasters

This program is specifically for children affected by parental separation and divorce.



These are 4 hour groups, run over 2 sessions both 4.00pm to 6.00pm. There will be a group for two distinct age ranges dealing with the same material. Both groups will run from Windermere's Biala, Berwick.

TERM 1 & 2: 5-8 year olds: This group is strictly limited to 8 children and will not run again till the second half of 2010. Cost is free. Siblings are welcome.



TERM 2: 9-12 year olds: This group is strictly limited to 10 children and will not run again till the second half of 2010. Cost is free. Siblings are welcome.

In Charge

TERM 2 only: Aimed at teenage girls experiencing depression, anxiety or stress related issues, this group will run on Tuesdays, 4.00pm to 5.00pm (1 hour only) for 6 weeks. A Mental Health Care plan from your GP is required to attend this course. The cost of the group will then be Medicare bulk billed. The venue will be Biala, Berwick.

