

My Kids & Me will run twice in Tamworth in 2017.

Round 1

When: 28th February,
7th, 4th, 21st, 28th March,
4th & 11th April

Time: Tuesdays - 10am to 12:30pm

Round 2

When: 17th, 24th, 31st October,
7th, 14th, 21st & 28th November

Time: Tuesdays - 10am to 12:30pm

Fees apply for the above course.

\$140 per person or \$90 per person with current concession/pension or healthcare card holders.

Participants receive a pen and workbooks, resources to promote the learning experience and a specifically trained, accredited facilitator. Tea, coffee, and biscuits provided.

Dates and times are subject to change.

Courses may be cancelled prior to start date due to insufficient registrations.



Contact Details

Tamworth

V Guy Kable Building
201 Marius Street, Tamworth
Phone: 02 6762 9200

Email: tamworth@centacarenenw.com.au

Centacare NENW provides Family Relationship Centre outreach services across the New England and North West through our offices.

Please contact our Tamworth team for more information.



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



My Kids & Me

A group for parents with children in Out of Home Care



Introduction & course background

My Kids & Me has been specifically written for the parents of children in out of home care. Restoration may or may not be part of the case plan.

The course isn't designed to give participants practical parenting help, rather it aims to give participants an opportunity to reflect on their experiences, and provide an opportunity for change.

My Kids & Me is influenced by the research work of John Gottman, Daniel Siegel, Milton Erickson and the Circle of Security team.

The program is based on Attachment Theory and written by a team of psychologists, social workers, parent educators and out of home care workers.

The course has been produced in partnership with CatholicCare Sydney and CatholicCare Wollongong.

My Kids & Me is supported by NSW Family and Community Services and the federal Department of Social Services.

My Kids & Me was designed to be facilitated by non-government services in order to minimise the risk of conflict of interest between the Statutory Body and the participants.

The Program

This program takes place in a secure and safe environment and assist participants to identify their parenting skills, strengths and resources and to develop more of these skills.

The aim of the program is to challenge the myths of parents who have children removed from their care.

The Participants

This course has been developed for parents whose children are in statutory care. This may be long term, short term with restoration planned or a kinship placement. Pre-group interviews in person should be completed for each participant to ensure that they are group ready or that this course is the most appropriate for them.

My Kids & Me is an accredited course run over 7 weeks for 2½ hours per week.

Building healthy relationships by exploring:

- grief and loss – understand the impact of grief and loss on their lives and their children's lives
- understanding emotions
- child development
- how to communicate effectively
- conflict resolution
- understanding discipline
- understanding your parenting style
- boundaries