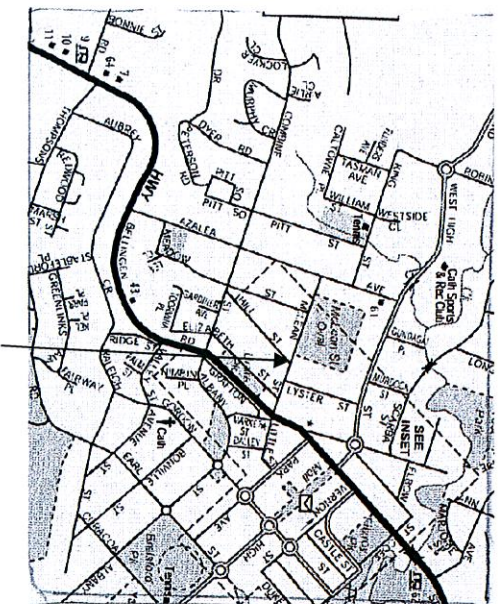


**UNITINGCARE BURNSIDE  
FAMILY CENTRE**

**located at:**

7 McLean Street  
COFFS HARBOUR NSW 2450  
[www.burnside.org.au](http://www.burnside.org.au)



UnitingCare Burnside Family Centre

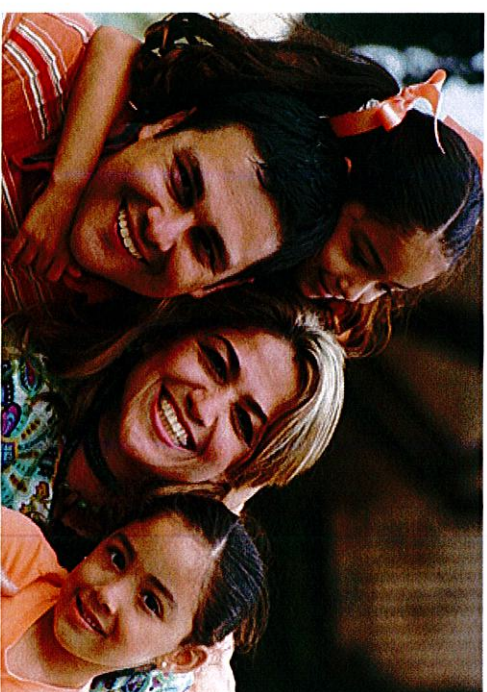
**UNITINGCARE BURNSIDE  
CENTRAL OFFICE**

**located at:**

Suite 2.2 Level 2  
Gateway House  
Mastracolas Road  
COFFS HARBOUR NSW 2450  
T: (02) 6659 2800  
F: (02) 6651 4739  
[www.burnside.org.au](http://www.burnside.org.au)

**Courses for**

**Parents**



**2013 Term 1**






because  
**children**  
matter



because  
**children**  
matter



because children matter

courses	sessions	dates & times	venue
<p><b>The Power of Positive Parenting Triple P Seminar 1</b> Looking at positive parenting ideas. Exploring the challenges of children's behaviours. Looking at ways to assist children to communicate their needs, manage their emotions and feel good about themselves.</p>	<p>One session for 3 hours</p>	<p>Monday 10:00 am – 1:00 pm <b>18 February</b></p> 	<p>Burnside Family Centre 7 McLean Street COFFS HARBOUR</p>
<p><b>1-2-3 Magic</b> Encouraging good behaviour, independence and self esteem – a simple discipline program that really works!</p>	<p>One evening session per week for 3 weeks</p>	<p>Monday 6:30 pm – 9:00 pm <b>4, 11 &amp; 18 March</b></p> 	<p>Country Cubs Preschool 2 Eastbank Road CORAMBA</p>
<p><b>Social &amp; Emotional Development of Babies</b> How to identify strategies to assist your baby to grow and develop to their full potential.</p>	<p>One session for 3 hours</p>	<p>Monday 10:00 am – 1:00 pm <b>4 March</b></p> 	<p>Burnside Family Centre 7 McLean Street COFFS HARBOUR</p>
<p><b>ADHD</b> This group is for parents who have children diagnosed with this disorder. It covers issues such as understanding ADHD; managing behaviour; working with schools; self esteem and looking after yourself.</p>	<p>One session for 3 hours</p>	<p>Monday 10:00 am – 1:00 pm <b>25 March</b></p> 	<p>Burnside Family Centre 7 McLean Street COFFS HARBOUR</p>
<p><b>Fathers – Bringing Up Great Kids</b> A session especially for Dads which will include tips on effective ways of communicating with children, building respect and encouraging children to feel good about themselves.</p>	<p>One evening session for 3 hours</p>	<p>Thursday 6:00 pm – 9:00 pm <b>21 March</b></p> 	<p>Burnside Family Centre 7 McLean Street COFFS HARBOUR</p>

**ALL COURSES ARE FREE OF CHARGE**

**To enrol in any of the above courses, please ring UnitingCare Burnside on 6659 2800  
Places are limited, so please book early!**