



## Education and Life Skills (ELS) offers a number of courses on enhancing personal, interpersonal and parenting skills.

We deliver courses for adults and children in a group setting. ELS uses an evidence-based method of facilitating group sessions known as psycho-education.

Group facilitators can identify and focus on key areas of challenges and strategies in a semi-structured social setting.

ELS deliver courses during school terms at various locations including Centacare NQ in Townsville and other community based locations within our region.

Prior to attending a course, we require you to complete an intake to ensure that you are enrolled in the right course for you or your family member.

“ Enhancing wellbeing and resilience through respect, dignity and service excellence ”



### Contact us



FREE CALL: 1300 672 273



410 Ross River Road, Townsville



centacarenq.org.au  
facebook.com/centacarenq

*Centacare North Queensland acknowledges the Traditional Owners of the land on which we live and work, and recognises their continuing connection to land, waters and community. We pay our respects to their Elders, past, present, and emerging.*

CENTACARE NQ  
Proudly supporting NQ region



WWW.CENTACARENQ.ORG.AU



Catholic Diocese of Townsville

CENTACARE NQ  
EDUCATION & LIFE SKILLS

## Education & Life Skills

Courses for Adults, Parents and Children



1300 NQ CARE  
centacarenq.org.au

## Circle of Security Parenting (COSP)

**Understand** their child's emotional world by learning to read emotional needs

**Support** their child's ability to successfully manage emotions

**Enhance** the development of their child's self esteem

**Honour** the innate wisdom and desire for their child to be secure

## 1-2-3 Magic & Emotion Coaching

Effective Discipline for Children 2-12 is an easy-to-learn, evidence-based parenting program. 1-2-3 Magic helps you create a loving, supportive family atmosphere through the following principles:

**Parents are in charge**      **No arguing**  
**No yelling**                      **No smacking**

## Tuning in to Kids (TINK) and Tuning in to Teens (TINT)

Tuning in to Kids and Tuning in to Teens are emotion-focussed parenting program. It provides parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

## Caring Dads Program

Caring Dads is a 17-week, evidence-based group behaviour change program. It is designed to support fathers in developing safer, child-centred parenting practices using therapeutic strategies. The program works specifically with fathers who have used violence, abuse, or neglect in their families, helping them to strengthen relationships with their children and learn effective, nonharmful parenting techniques.

## Second Step

Children need social-emotional skills to thrive both in the classroom and in life. Social-emotional learning teaches children techniques to:

- **Gain confidence**
- **Set goals**
- **Make better decisions**
- **Collaborate with others in work and play**
- **Navigate the world more effectively**

A holistic approach to building supportive communities for every child through social-emotional learning.

## Kaleidoscope

A Centacare North Queensland developed life skills education program to support children identify feelings, increase knowledge about personal safety and learn protective behaviours to help them feel safe and be connected to adult networks they can ask for help. The program uses interactive sessions teaching children their right to feel safe, how to identify their feelings, differences between safe and unsafe secrets and behaviours, and how to identify and manage different situations where they may feel unsafe.

**Are you interested in providing  
any of our programs to your  
children's group or school?**

**Contact us  
for more information.**

1300 672 273

## Keeping Kids in Mind

The KKIM group-work program is designed to:

**Assist** parents to see through their children's eyes the experience and impact of being trapped in medium to high level ongoing parental conflict

**Develop** greater awareness and understanding about how to support children following family separation.

## Managing Strong Emotions

A Centacare North Queensland developed life skills education program designed to support adults identify emotions, increase knowledge about what can cause and impact strong emotions, and learn about methods to understand and manage strong emotions for healthy relationships with self and others.

## Frequently Asked Questions

**Q: How much does a program cost?**

A: The cost of each program varies and is generally calculated based on your household income bracket. Please call us or visit our website for the fee schedule.

**Q: I'm not sure which program best suits me?**

A: Call Centacare NQ for a quick chat with our intake officer so we can recommend a program that will best suit you or your family situation.