

Positive Discipline in Everyday Parenting

Parenting 0-13yrs

Positive Discipline helps parents nurture their children's healthy development and learning through warmth and firmness. The program will help you to build a mutual respectful relationship with your child.

When: Tuesday 29 March, 2016
(6 week duration)
Time: 6.30pm to 8.30pm
Contact: **UnitingCare Community** on 4153 8400
(Bookings essential)
Where: 3a River Terrace Bundaberg
Cost: Free

Circle of Security

Parenting 0-6yrs

The Circle of Security program enables parents and caregivers to further explore their children's need for comfort, safety and secure attachment.

When: Tuesday's (4 weeks)
12 April, 19 April, 26 April, 3 May 2016
Time: 1.00pm to 2.30pm
Contact: **UnitingCare Community** on 4153 8400
(Bookings essential)
Where: 3a River Terrace, Bundaberg
Cost: Gold Coin donation

Friends for Life

Workshop for Children 8-12 years

The program teaches children an awareness of their own responses and how to cope with them, using problem solving skills to make a difference.

When: Wednesday 4 May, 2016
(8 week duration)
Time: 3.30pm to 5.00pm
Contact: **UnitingCare Community** on 4153 8400
(Bookings essential)
Where: 3A River Terrace, Bundaberg
Cost: \$40 per child (incl. afternoon tea & workbook)

Equipping for Equality

6 week educational program for women

This program is for women who are currently in or have been in an unhealthy relationship and are looking for some understanding of the dynamics of this relationship.

When: Friday April 15, 2016
(6 week duration)
Time: 9.30am to 12.30pm
Contact: **UnitingCare Community** on 4153 8400
(Bookings essential)
Where: 3a River Terrace, Bundaberg
Cost: Gold Coin donation



Create Dream Connect

A one day workshop designed for women, to help them reconnect with their inner wisdom, values and dreams for the future. To create mind/body connection in a nurturing, empowering, nourishing space guiding you through relaxation, mindfulness and meditation processes.

- When:** Saturday 7 May 2016
- Where:** UnitingCare Community
3a River Terrace, Bundaberg.
- Phone:** (07) 4153 8400 (**Bookings essential**)
- Time:** 9.00am to 3.00pm
- Cost:** \$25.00 per person (includes lunch & workbook)