



# OUR TERM 4 PROGRAMS 2019

[catholiccaredbb.org.au/brochures](http://catholiccaredbb.org.au/brochures)

## TRIPLE P GROUP

## BRINGING UP GREAT KIDS

## WOMENS WELLBEING SUPPORT GROUP

## KEEPING KIDS IN MIND

## DADS INFANT MASSAGE

Provides practical answers to everyday questions. Think of it as a toolbox of ideas. You choose the strategies you need and how you want to use them.

Reflect on what influences your parenting style and explore areas for change to develop more positive relationships with your children.

Through activities such as arts, cooking, yoga, mindfulness and music we provide a space for women to explore self-care, emotions, relationships and support networks.

For separated parents experiencing ongoing conflict. Understand the impact of conflict and how best to support your children.

Learn how to massage and soothe your baby and support your babies development. Northern Beaches Family Centre.

**Tuesday's**  
15 October – 19 November 2019  
6.30pm – 8.30pm

**Thursday's**  
17 October – 7 November 2019  
10.30am – 12.30pm

**Friday's**  
18 October – 6 December 2019  
10.30am – 12.30pm

**Tuesday's**  
22 October – 19 November 2019  
6.00pm – 8.30pm

**Saturday's**  
26 October – 16 November 2019  
10.30am – 12.30pm

**Northern Beaches Family Centre**  
116/20 Dale Street  
Brookvale

**Naremburn Family Centre**  
40 Merrenburn Avenue  
Naremburn

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**Northern Beaches Family Centre**  
116/20 Dale Street  
Brookvale

**Cost**  
Free

**Cost**  
\$20

**Cost**  
Free

**Cost**  
\$100

**Cost**  
Free

**MORE INFO:**  
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