



Tools for Parents[©]

Richmond Community Services Inc. is pleased to be able to offer **FREE groups with FREE childcare** For parents/primary carers of children 0-12years

Calendar July 2019—June 2020

| Workshop/Group: | Date(s): | Time(s): |
|--|--|----------------|
| Talking & Listening with Your Kids | Weds 24th July 2019 | 10am - 12.30pm |
| Keeping Your Cool with Your Kids | 3 weeks ongoing Saturdays: 27th July, 3 rd & 10 th August 2019 | 10am - 12.30pm |
| Beating Bullying | Weds 7th August 2019 | 6.30-9pm |
| Kids Sleeping Well—Tactics for Parents | Weds 21st August 2019 | 6.30-9pm |
| Encouraging Kids Development & Self-Esteem | Weds 4th September 2019 | 10am - 12.30pm |
| Tackling Sibling Rivalry | Weds 25th September 2019 | 6.30-9pm |
| Toddler Behaviour—Tactics for Parents | Weds 16th October 2019 | 10am - 12.30pm |
| Communication Skills for Couples | 3 weeks ongoing Saturdays: 19 th & 26 th October, 2 nd November 2019 | 10am - 12.30pm |
| Thriving Babies—Strategies for Parents | Weds 6th November 2019 | 10am - 12.30pm |
| Supporting Kids Through Loss & Grief | Weds 26th February 2020 | 6.30 - 9pm |
| Conflict Resolution for Couples | 3 weeks ongoing Saturdays: 7 th , 14 th and 21 st March 2020 | 10am - 12.30pm |
| Be A Great Dad | Weds 4th March 2020 | 6.30 - 9pm |
| Helping Kids Relate Well to Others | Weds 11th March 2020 | 10am - 12.30pm |
| Aggression in Kids—Help for Parents | Weds 8th April 2020 | 6.30 - 9pm |
| Managing Challenging Behaviours in Kids | 3 weeks ongoing Saturdays: 2 nd , 9 th & 16 th May 2020 | 10am - 12.30pm |
| Helping the Anxious Child | Weds 6th May 2020 | 10am - 12.30pm |
| Helping Kids Deal with Anger | Weds 27th May 2020 | 6.30 - 9pm |

All held at: Richmond Neighbourhood Centre, 20 West Market Street, Richmond, NSW 2753.

Call 02 4588 3502 e: admin@rcsi.ngo.org.au.

The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc . purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minders Service for the project—and is delighted to offer them free to participants.

...making a difference...

