<table>
<thead>
<tr>
<th>Location</th>
<th>Program Name</th>
<th>Dates</th>
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| Albury    | Secure Kids Happy Families (Max 8 people) | Session 1: Tuesday 11 February, 11am - 2:30pm  
Session 2: Tuesday 18 February, 11am - 2:30pm  
Session 3: Tuesday 25 February, 11am - 2:30pm  
1-2-3 Magic & Emotion Coaching (Max 10 people)  
Session 1: Monday 3 March, 11am - 2:30pm  
Session 2: Monday 10 March, 11am - 2:30pm |
| Narrandera| 1-2-3 Magic & Emotion Coaching (Max 12 people)  
Thursday 27 February, 9:30am - 3pm  
Engaging Adolescents (Max 12 people)  
Thursday 20 March, 9:30am - 3pm |
| Wagga     | Secure Kids Happy Families (Max 8 people)  
Session 1: Monday 10 February, 11am - 2:30pm  
Session 2: Monday 17 February, 11am - 2:30pm  
Session 3: Monday 24 February, 11am - 2:30pm  
1-2-3 Magic & Emotion Coaching (Max 10 people)  
Thursday 6 March, 10am - 4pm |
| Cootamundra| Keeping Children Safe (Max 10 people)  
Session 1: Tuesday 18 March, 10:30am - 2:30pm  
Session 2: Tuesday 25 March, 10:30am - 2:30pm  
Session 3: Tuesday 1 April, 10:30am - 2:30pm |

Jacqueline Wholohan 0408 425 453  
Parenting Co-Ordinator for Albury & Wagga areas

Jayne Halls 0428 162 559  
Parenting Co-Ordinator for Cootamundra, Temora, Narrandera, Leeton & Griffith areas

Rachel Bennett 0428 162 559  
Adolescent and Family Counsellor for Cootamundra
1-2-3 Magic & Emotion Coaching
A group based behaviour management program. It uses basic logic and a simple method for managing behaviour using an easy to remember technique. This program aims to eliminate arguing, yelling and smacking. The program’s strategies reduce emotional turmoil and excessive talk which parents can often tend to do.

Parent As Teachers (PAT)
Born To Learn helping parents to positively impact their children’s development. The program offers activities that you can use to promote healthy development, stronger relationships and helps your child reach their potential in the areas of language, social/ emotional, intellectual and motor skills.

Rent It, Keep It
A skills program designed to equip participants to obtain and sustain a private rental property. Topics covered include: money matters, rights and responsibilities, starting a tenancy, repairs and cleaning, neighbours and visitors and finishing a tenancy.

Engaging Adolescents
Based on the principle that parents need to work out what teen behaviours need to be addressed as adolescents’ transition towards independence. It gives parents/ carers the skills to help them assess adolescent behaviour and to engage their adolescent in a ‘tough conversation’ when it is required.

Keeping Children Safe
A program which aims to assist parents/carers to have greater awareness of child abuse and neglect and its effects. It also assists parents/carers to enhance their skills as a parent to help protect children and become more committed to creating a safe environment for children and young people.

Gaining Control of Ourselves
A group based program that is designed to assist participants to recognise and manage their anger. It teaches acceptable ways of expressing anger, techniques for stress management, enhancing emotional intelligence and improving communications.

Triple P
Group program is parents/carers with children aged 18 months-10 years of age that suggests simple routines and small changes that can make a big difference to a family.

7 Steps to Safety
A group based program that looks at home safety and security for children aged 0-12 years. It covers 7 steps to promoting a safe family environment including make your home safe, having family rules, feeling safe with people, what’s special about our family, planning and preparing for emergencies, supervision and emergency care plans for children.

Secure Kids Happy Families (based on Circle of Security)
A group based parent education program that looks at the needs beyond your child’s behaviour & aims to promote secure attachment between you & your child. Helps you give your child opportunities to explore the world knowing that they have the security of your protection, comfort, support to manage their feelings and delight in them as they grow and develop.