



# Ocean Outlook

166 Shara Boulevard, Ocean Shores 2483 P: (02) 6680 2766 F: (02) 66802764  
E: oceanshore-p.school@det.nsw.edu.au W: www.oceanshore-p.schools.nsw.gov.au

7 September, 2018

Issue 7, Term 3

## Principal's Report

### Operation Dolphin - Week 8

I am Responsible. I bring my food, drink, hat and equipment to the eating area.

### Coming Up!

#### Tue 11 Sept

- Got It parent interviews
- Senior Boys Cricket @ Bruns

#### Wed 12 Sept

- Maths Olympiad

#### Thurs 13 Sept

- Got It parent interviews

#### Fri 14 Sept

- North Coast Regional Athletics
- Bookclub orders due

#### Mon 17 Sept

- Show your footy colours day

#### Thurs 20 Sept

- School Assembly K/1G and 3/4G
- Whole school disco & forum  
5 – 6:30pm

### Payments Due

- Yr 5 Lake Ainsworth Camp
- Yr 6 Camp Goodenough
- Paid Sport

**Payments can be made online via our school website.**

Congratulations to Mahdi Brown who travelled with his family to compete in the Regional Finals of the Multicultural Perspectives Public Speaking Competition in Nambucca Heads on Thursday 30th August.

This is an outstanding achievement and put Mahdi in the top 35 speakers from Stage 2 across the whole of NSW. Well done!

### SASS Appreciation Week

This week we recognised the enormous contribution our administrative and support staff make for our children.

We are very fortunate to have such a friendly, dedicated, professional and passionate staff who all work together for the good of the students!

### Yarning Circle Phase 2

We are entering the next phase of the school yarning circle. A team will be designing totem poles for classes to construct, and classes will be given the job of suggesting appropriate names for our yarning circle. We will keep you informed of progress.

### Sports

Paid sports commenced today thanks to the efforts of Petria Essery and Elise Daley. Students have the opportunity to enjoy a range of fun, physical activities.

Also, we have students competing at the North Coast Athletics carnival next Friday. Well done (and good luck) to the following students: Maddi Oliss, Taylor Simpson, Archer McCallum, Ben McCallum, Lauren Harris, Nadia Moothang-Holmes, Summer Browning, Arielle O'Leary-Hume, Finn McKenzie and Aysha Scalas.

We have a number of school athletics singlets (green) which have not been returned to Mrs Ensor since the district athletics carnival. Can you please have a look at home and return them to Mrs Ensor's room asap. Thank you!

### Flo-Gardens

Recently a number of school staff visited Flo-Gardens in the Billinudgel Industrial Estate to look at options for incorporating aquaponics

into the school garden program.

Adam and Zerina, Flo-Gardens owners, are looking at raising money to go towards the establishment of aquaponics here at the school.

Please see the flier for fundraising event (Saturday 22nd September) later in the newsletter and feel free to contact Adam or Zerina for more information, or if you are able to assist on the night.

### ICAS Writing

Well done to the following students who will be receiving their certificates from the ICAS Writing Competition on Monday morning's assembly: John Ray, Kai Bar-Giora, James Ward, Charli Jones, Avianne Jones, Mia Janson, Grace Farrell, Marcus Collings (Participation); Meila Warlow, Teddie Clapham (Credit); Gryffyn Pelling, Evelyn Allsep, Juliette Adlard (Distinction) and Ramona Naulty (High Distinction).

Writing is an area of focus in our 2018-20 school plan and it is wonderful to see our students doing their best and excelling.

### Rainbow Region After School Care

After months of uncertainty, agreement has been reached and approval gained for Rainbow Region Kids to take over the out of school hours care at Ocean Shores Public School commencing Monday.

If you are intending on using the service be sure



Mahdi Brown at the Multicultural Perspectives Public Speaking Competition.

to register prior. <https://www.nrcg.org.au/program-service/rainbow-region-kids-child-care/>

For enquiries, contact Helen or Elanora on 66217397 or [kids@nrcg.org.au](mailto:kids@nrcg.org.au)

### Emergency Evacuation Procedures

While we have had some reprieve from the prolonged dry weather, long-term predictions are for a dry, bushfire prone summer season. Please note the school's evacuation procedures in this week's newsletter.

### Suspected case of scarlet fever

We have received a report of a case of suspected Scarlet Fever. See the information from the NSW Health Website and be sure to seek medical advice if your child present with the associated symptoms.

**Martin Gill**  
**Principal**

## NSW Health: Scarlet Fever

Time from exposure to illness 1 to 3 days.

**Symptoms-** Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

**Do I need to keep my child home?**

Yes, until at least 24 hours of treatment has begun and the child is feeling better.



**Paid sport kicked off today with a range of fun activities including lawn bowls and skateboarding**

## Festival of the Imagination (FOTI) 2018 wrap up

The Ocean Shores Public School P&C wish to thank the very many who helped make FOTI 2018 a really special and joyous occasion.

The P&C use the funds raised to support the school in a number of ambitious, creative, educational and experiential projects in and around the school.

We purchase lots of resources that enhance the quality and overall experience your child/children will have at this excellent school.

This year we raised \$23,354 and had expenditure of \$10,031 resulting in revenue of \$13,323 that we can utilise towards the many projects we commit to within the school.

FOTI would not be so successful without the support of our many sponsors. We would particularly like to thank:

### Our gold sponsors:

- The Hotel Brunswick
- Moo Goo Skin Care

### Our silver sponsors:

- LJ Hooker
- Brunswick Valley Coaches
- Ocean Shores Country Club;
- New Brighton Farmers Market
- Northern Coast Lifestyle Properties

Thank you to the many committed parents and

Continued over page...

volunteers that helped out in every aspect of the festival before, during and post the event.

The many volunteers in the canteen who worked tirelessly throughout the day and thank you Dominee for leading this great team of parents and friends.

Thanks to all the stall holders who gave their time, dedication and energy to ensure the festival had a great feel and vibrancy to it.

Thank you Wayne Gibbons, Adam Nicholls and Sean Tonnet for organising the wonderful and varied entertainment throughout the day.

Thank you Spaghetti Circus for putting on an interactive workshop and awe inspiring show in the morning.

A big thank you Sonia and Bella for the welcome to country and wonderful culture you bring and share in this community event.

Thank you also to all the wonderful, kind and generous business houses that donated over twenty nine different prizes for our super raffle.

Thank you Zewlan, Jo Adlard, Gina and Tom for all the behind the scenes organising of the raffle, the wrist bands, the insurance coverage, and a plethora of other jobs that arise.

Thank you Mrs Birdy for the scrumptious salads and Billy Indian for the delicious curries and Massimo and Rebecca Scalas from Salumi for the great effort you go to support our school with your superb BBQ and gourmet produce.

There are so many local shops and businesses that get behind us with this special annual event and we truly appreciate your support.

FOTI would not go ahead without a special tribe of dedicated and hard working parents and teachers that form a working party and meet regularly in the months leading up to the event.

Thank you Barbara, Chris, Gina, Anna, Michelle, Nadine, Emma, Dom, Christine, Rob, Sigge, Justin, Jodie, Angela, Aleya, Liz, Joe, Karl and many more for all the passion and drive you gave.

Thank you in particular for supporting and encouraging and creating and following up on a thousand things that could go amiss throughout all the preparations needed for FOTI was Zameret, a truly dedicated and inspiring parent and a major reason why this event was so successful and incident free. I thoroughly enjoyed working with you Zam on this festival.

Finally thank you to all the students, families and friends that came and enjoyed the event. Your presence is what makes the day so special.

See you again next year. It will be on Saturday 24th. August 2019 if you want to put it in your diaries now.

If you have any thoughts or feelings you would like to share about the event we welcome your feedback or suggestions. The P&C can be contacted by email on [ospandc@gmail.com](mailto:ospandc@gmail.com)

**Damian Farrell – FOTI Organiser**



## Broader Bundjalung Language Program Meeting

Late last term nine people attended our public meeting in the school library. The purpose of the meeting was to provide an opportunity for parents and community members to gain clarity around the implementation of the language program,, share concerns and/or show support.

Thank you everyone for attending, and for your valuable contributions and insightful questions- we achieved the meeting's purpose, and much more.

As you know, the school was planning to kick off the language program this term, however it has been difficult securing a language tutor so commencement will be delayed until term 4.

It is so beautiful hearing our students incorporate several Bundjalung words in everyday interactions.

Our students are curious and keen learners.

We will keep you updated when more information becomes available.

**It's time to name our yarning circle!**

Next week students will be brainstorming suitable names for our yarning circle.

Please have a yarn to them over the weekend and give them your suggestions to pass on to their teacher. We'd love to hear from you too.

**Aboriginal Education Committee**





# Student achievements at the Art Expo

The 15th annual Ocean Shores Art Expo concluded 2 weeks ago. There was a sensational array of artworks on display. In addition to professional artists, there were 172 entries from students in K-6 from our local area.

## Clockwise from top left:

Suni Grabowski came first in her age group with this artwork.

Reece Frew designed this piece and came 2<sup>nd</sup> in his age group.

Minnie O'Halloran and Ramona Naulty both received Highly Commended awards for their designs.



Blocks are going round and round

Everywhere are buildings

And cities growing

Round and round the blocks go up and

Down and round and round.

**By Xavier Salisbury-Ward, K/6G**

# Understanding the School's Responses to Bullying

Bullying situations can be complicated and trying to identify exactly what is happening and why can take time.

Punishment alone is unlikely to be effective and may be seen to be using "bullying to stop bullying".

**The school priority is to stop the bullying and to try to reduce the chance of it happening again.**

The key to stopping bullying is getting children to talk about what is happening and decide what to

do to make the situation better for everyone.

This approach is called the Shared Concern Method and will be explained in the next edition of this newsletter.

It is very important for children to have an understanding of behaviours that are expected of them and that these expectations are consistent at school and at home.

## MY GROWTH MINDSET STATEMENTS

➤ I can **CHANGE** my **MINDSET** with my **WORDS!** ➤



### INSTEAD OF:

I can't do this.

This is good enough.

I won't try because I might fail.



I need some feedback and help from others.

Is it my best work? Can I improve it?

If I fail I can try again until I succeed!

### I CAN SAY:





# Mindfulness Reminder



Mindfulness gives us the strength to stand up to bossy thoughts like Bossy Bob here in this picture.

We've been bossed around by our thoughts our entire life.

Whatever thought comes up in our mind, we tend to believe it and act on it.

Are you going to be bossed around by your thoughts forever?

This Term the lucky Class of Miss Sonia have been learning all about Mindfulness. So far the kids have learnt about what a mindful body looks like, how to activate their mindful listening ears. They have also learnt how to meditate with a Mindful breathing exercise that focuses on their belly and they have focused their eyes with mindful seeing. All these fun activities are helping them grow their brains so that they can experience better control of their emotions, improve their concentration skills and become kinder towards themselves and others. I just love Mindfulness!! Thank you Mr Gill for your continual support and Miss Sonia for your commitment to mindfulness.

For more information on Mindfulness please contact Barbara Underwood : [barb@ohrs.com.au](mailto:barb@ohrs.com.au) or 0403661416

Contact me if you'd like to be put on my emailing list for upcoming courses.

In the mean time download: Insight Timer Free App and look up kids meditation and start doing it together. Or look up YOU tube videos.

Another excellent resource is : "Your Fantastic Elastic Brain" by JoAnn Deck



## Community Announcements



**FOOTY COLOURS DAY**

Fight Cancer  
**FOOTY COLOURS DAY!**

**WE ARE SHOWING OUR TRUE COLOURS ON**

**MONDAY 17<sup>TH</sup> SEPTEMBER**

[footycoloursday.com.au](http://footycoloursday.com.au) #footycoloursday

Proudly sponsored by  **foxtel**

 **Fight Cancer Foundation**  
Living Hope. Saving Lives.





**FLO GARDENS PRESENTS**

***The Garden Club***

***Party***

A fundraiser for Ocean Shores Public School's Sustainable Garden

**Sat 22nd Sept 7pm**

1/10 Bonanza Dr Billinudgel

Entertainment by Gabriel Otu and Happy Africa, A Comfortable Suit, Paddyoke Cabaret and DJ Lipo

**\$25 or \$40 per couple. Adults Only.**

Finger Food provided. Bar available, No BYO.

Tickets available from the office.



**ST JOHN'S PRIMARY SCHOOL MULLUMBIMBY**

**Fete**

**Friday 21<sup>st</sup> of September 2018**  
**4.30 pm – 8.30 pm**

**FREE ENTRY**

Activities include:

- SUPER JET COASTER
- JUMPING CASTLES
- FOOD VANS
- HAUNTED HOUSE
- COFFEE
- FAMILY FUN
- RAFFLE
- LASER TAG
- CAKES
- FETE STALLS
- RIDES





## NIPPERS SIGN ON

16th and 23rd September  
9 - 11 am

Active Kids Vouchers Accepted.  
Financial Scholarship available.

### WHO SHOULD ATTEND

New & Existing Members starting the Nippers season

### LOCATION

BRUNSWICK HEADS SURF  
LIFESAVING CLUB HOUSE

For info please email  
[jac@brunswickslsc.org](mailto:jac@brunswickslsc.org)



## New Mixed Comp this Season

Check it out!  
Come and have  
a trial game!



Free Referee Coaching  
@ Trial Games and  
throughout the season!

## Sign On & Trial Games

Friday 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> September 2018  
5pm till 7pm @

**Burringbar District Sports Club**

- Sub Juniors from 4 years old
- Juniors 7 – 12 years
  - You sign up as an individual and we will put you into a team
- Seniors from 12 years
  - Mixed comp – Men, Women, Kids – The whole family!
  - Maximum of 11 players per team – including 2 – 6 Men, 2 – 6 Women and 2 – 4 Children under 15
  - Teams need to be submitted & finalised by 28/9/18

Enquires – Contact Nina 0402160353

Email – [burringbartouchfootball@gmail.com](mailto:burringbartouchfootball@gmail.com)

Competition Starts Friday 19<sup>th</sup> October 2018



@ Burringbar Touch Football

**All Welcome! Fun Family Atmosphere!**



**Bullinah  
Outreach**

## Bullinah Aboriginal Health Service Health Clinic

**When:** Monday 10:00 am-3:30pm

**Where:** Mullumbimby District  
Neighbourhood Centre - 55 Dalley St,  
Mullumbimby

Stop by for a Health Check

Look for the Blue Van




“Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another.”

**Nelson Mandela**



# What to do in the event of local bush fire activity

## Information for parents and carers

	<b>ADVICE ALERT</b>		<b>WATCH AND ACT ALERT</b>	 <b>EMERGENCY WARNING ALERT</b>
<p>A bush fire has started, there is no immediate danger, our school will:</p> <ul style="list-style-type: none"> <li>▪ Update student rolls and account for early leavers/absences in our school system</li> <li>▪ Monitor air quality and adjust school activities accordingly i.e. if smoke affected cease outdoor activities</li> <li>▪ Monitor Fire Danger Ratings, <i>Fires Near Me</i> app, <i>Live Traffic NSW</i> app and local ABC Radio</li> <li>▪ Parents/carers will be kept informed via SchoolStream and the school website.</li> </ul>	<p>There is a heightened level of threat and bush fire conditions are changing, in addition to the Advice Alert procedures:</p> <ul style="list-style-type: none"> <li>▪ If possible, we will alert parents/carers the day before via SchoolStream, the school website and notes to children. If the district is affected by heavy smoke, consider keeping students with an Asthma Plan at home.</li> <li>▪ Parents/carers stay updated using the <i>Fires Near Me</i> app, <i>Live Traffic NSW</i> app and/or listen to local ABC Radio</li> <li>▪ School will take action to prepare i.e. provide regular updates of bush fire activity to all occupants and prepare bush fire emergency equipment</li> <li>▪ We will liaise with Mullumbimby RFS Control Centre for support and advice. If required, we will take action to implement our <i>Bush Fire Emergency Management and Evacuation Plan</i></li> </ul>			<p>This is the highest level of bush fire alert.</p> <p>Our school will take action to implement our <i>Bush Fire Emergency Management and Evacuation Plan</i></p> <p>We will continue liaising with Local RFS Control Centre and keep parents/carers informed of all actions taken by the school</p>

## SHELTERING PROCEDURES

In the event of an approaching bush fire threatening our school premises within 2 hours, our primary action is to **SHELTER IN PLACE**

- All occupants will be relocated and accounted for at our designated refuge in the school hall
- Parents/carers **DO NOT COME TO THE SCHOOL** we will be safely sheltering in place and keeping all staff and students calm through activities and games.
- It's important that parents/carers take measures to activate your family [Bush Fire Survival Plan](#)
- We will continue to keep you informed via SchoolStream and the school website.

## EVACUATION PROCEDURES

We will be evaluating the safety of all staff and students, with the Mullumbimby RFS Control throughout the bush fire event. If the threat is increasing it may be determined that it would be safer for all persons to evacuate to our designated refuge: Ocean Shores Country Club. If an **EVACUATION** is to occur we will:

- Immediately inform parents/carers via SchoolStream and the school website.
- Safe transportation will be coordinated to relocate all persons to our designated evacuation refuge – Ocean Shores Country Club
- Information will be provided all parents/carers and arrangements will be made for the safe pick up of all persons from the designated evacuation refuge

## PARENTING COURSES

### 123 MAGIC

Tuesdays Oct 23 – Nov 6, 1-3pm

123 Magic is an evidence-based parenting program recommended for parents/carers with children aged 2-12 years. The program is facilitated across 3 sessions and supports parents/carers to feel more confident to respond to their child's behaviour. Parents/carers are provided practical strategies to engage their child in the process of identifying and managing their own emotions.

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. COST: \$15

A fantastic course for any parent looking to understand their children's behaviour and their parenting practices. A great opportunity to reflect on your family dynamics and patterns.

PARTICIPANT – 123 MAGIC

### CIRCLE OF SECURITY SEMINAR STRENGTHENING THE RELATIONSHIP SEMINAR

Thursday Nov 22, 1-3pm

A 2hr seminar that provides an introduction to our 8 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

VENUE: COOGERA INTEGRATED CHILDREN'S SERVICE SUFFOLK PARK. NO COST

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

### TRIPLE P COURSE

Thursdays Nov 1-22, 9.30am-12pm

4 week parenting course for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

VENUE: COOGERA INTEGRATED CHILDREN'S SERVICES SUFFOLK PARK. NO COST

## FAMILY CENTRE PLAYGROUPS

All playgroups 10am-12pm

Wednesdays

South Golden Beach

Thursdays

Ballina Public School, Aboriginal Learning Centre

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents. The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

## BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday  
(02 ) 6686 4109 or go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.



## COURSE PROGRAM – TERM 4, 2018 TWEED SHIRE

### PARENTING COURSES

#### 123 MAGIC

Tuesdays Nov 13-27, 9.30am-12.30pm

123 Magic is an evidence-based parenting program recommended for parents/carers with children aged 2-12 years. The program is facilitated across 3 sessions and supports parents/carers to feel more confident to respond to their child's behaviour. Parents/carers are provided practical strategies to engage their child in the process of identifying and managing their own emotions.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH. COST: \$15

#### CIRCLE OF SECURITY PARENTING

Wednesdays Oct 17- Dec 5, 10am-12pm

The 8 week Circle of Security Parenting program is based on decades of research on children 0-5yrs showing how secure parent-child relationships can be supported and strengthened. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST \$40

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

#### UNDERSTANDING TEENAGERS

Wednesdays Oct 24-Nov 28, 5.15-7.15pm

6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with teenagers can assist in supporting them safely through adolescence.

Topics include the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points, behaviour and talking through challenging issues.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH. COST: \$30

"I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

PARTICIPANT – UNDERSTANDING TEENAGERS

### FAMILY CENTRE PLAYGROUPS

All playgroups 9.30am–11.30am

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

Monday – Banora Point

Tuesday – Tweed Heads West

Wednesday – Tweed Heads South

Thursday – Murwillumbah

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents.

The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

### WELLBEING COURSES

#### THE MINDFUL ART OF STRESS REDUCTION

Friday Nov 16, 10am-2.30pm

1 day course that explores the many strategies that can support us to manage the challenges we face in our lives as parents, partners and family members. It will introduce us to a knowledge and understanding of stress. We will discuss and explore techniques of mindfulness and use creative activities to help develop awareness which will help us to reduce stress in our lives.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH.  
COST: \$15 (includes lunch)

Loved the music, meditation, other interaction, art, time out, change, being interested, being in a group session to add self awareness and self confidence - speaking skills.

PARTICIPANT – THE MINDFUL ART OF STRESS REDUCTION



## RELATIONSHIP COURSES

### ANGER AND EMOTIONAL INTELLIGENCE

Friday Nov 2, 9.30am-3.30pm

1 day course for men and women. Content includes: identify what anger is and what it does, what triggers your anger and ways to make it work for you and your relationships.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH. COST: \$15 (includes lunch)

Went in not realising why I react the way I do sometimes. Now I have the knowledge for helpful strategies to cope and handle stress and negative emotions.

**PARTICIPANT – ANGER AND EMOTIONAL INTELLIGENCE**

### CREATING REAL CONNECTIONS

Saturday Nov 3, 9.30am-3.30pm

1 day course explores stresses on healthy relating, roadblocks to communication, listening and managing emotions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE  
COST: \$15 (includes lunch)

### CONVERSATIONS FOR CHANGE

Saturday Nov 17, 9.30am-3.30pm

1 day course that explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH  
COST: \$15 (includes lunch)

## COURSES FOR WOMEN

### SELF ESTEEM FOR WOMEN

Saturdays Nov 10 & Nov 24, 9.30am-3.30pm

A 2 day course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: THE FAMILY CENTRE, TWEED HEADS SOUTH  
COST: \$30

Group circles are a great way to release and express, all of the information is of great help and very useful references.

**PARTICIPANT – SELF ESTEEM FOR WOMEN**

## COURSES FOR MEN

### PATHWAYS TO CHANGE FOR MEN

Wednesdays Oct 31- Dec 19, 5pm-7.30pm

8 week self-awareness and self-development course for men. Designed to assist men with parenting, maintaining healthy relationships and making positive life choices.

VENUE: THE FAMILY CENTRE, TWEED HEADS  
COST: \$40 (includes lunch)

I'm not walking away a perfect man but I am walking away a better equipped man thanks to this.

**PARTICIPANT – PATHWAYS TO CHANGE FOR MEN**

## COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Thursday Oct 18, 10am-12pm  
The Family Centre, Amber Road

### FIND OUT ABOUT:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

### EVERYONE IS WELCOME!

We look forward to seeing you at the info session

**RSVP: Tuesday Oct 16 to (07) 5524 8711 or [info@thefamilycentre.org.au](mailto:info@thefamilycentre.org.au)**

**Child minding is available please indicate if you need it when you RSVP**

## BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday  
(07) 5524 8711 or go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.

Are you a parent,  
carer, service  
provider, community  
member or  
student?

Do you want to  
find out how to get  
involved with  
The Family  
Centre?

Do you want to  
know how The Family  
Centre works with  
families &  
communities?

Interested in  
volunteering?