

Individual and Family Support Services

Term 2, 2019 – Community Education

		Date	Venue
I'm Just Not That Into ME	<p>Recognising and challenging unhelpful beliefs about ourselves can improve our self-esteem and outlook on life.</p> <p>This session explores ways to identify and question thought patterns that may be holding you back from reaching your full potential.</p>	<p>Thursday 16th May 2019 9.30am to 11.30am</p>	<p>28 Cecil Avenue, Cannington</p>
FREE CPR and First Aid Course	<p>The Heart Beat Club is specifically designed for parents and carers of children under five. This course covers CPR and first aid for common childhood injuries such as choking, poisoning and burns.</p>	<p>Monday 20th May 2019 9.30am to 12.30pm</p>	<p>28 Cecil Avenue, Cannington</p>
Family Safety Workshop	<p>Learn about options for visa holders and women's rights presented by the Department of Home Affairs. Centrelink will also be presenting to discuss entitlements.</p>	<p>Thursday 6th June 2019 TBC</p>	<p>28 Cecil Avenue, Cannington</p>
Sound Therapy and Relaxation	<p>This is a workshop that focuses on using aspects of music to improve your physical and emotional health</p>	<p>Monday 27th May 2019 10am to 12pm</p>	<p>28 Cecil Avenue, Cannington</p>

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Family Separation and impact on children	Discussion on how parent separation can impact the family and children and how you can get through this hard time together.	Monday 10 th June 2019 10am to 12pm	28 Cecil Avenue, Cannington
Mindfulness Workshop	This workshop focuses on the skills of mindfulness and how to put into in to your everyday life.	Thursday 20 th June 2019	28 Cecil Avenue, Cannington
The Mighty Toddler	This introductory course provides parents and caregivers an insight in the developmental tasks of toddlerhood and provides simple strategies to enable parents to guide their child through theses stages safely.	Thursday 27 th June 2019 9.30am to 11.30am	28 Cecil Ave, Cannington
<p>To register please contact: Jo Mazzoleni on 9251 5777 or email ifss@communicare.org.au</p>			

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