

PROGRAM	SUMMARY OF PROGRAM	DATES	LENGTH OF PROGRAM, COST & MODALITY	CONTACT & BOOKING DETAILS
Interrelate Parents Not Partners Program	A program for post-separation parents who are engaged in ongoing and entrenched conflict. https://www.interrelate.org.au/programs-services/families	Thursdays 31/07/25 – 04/09/25 10.00am – 12:00pm OR Thursdays 7/08/25 – 11/09/25 10am – 12.pm	Once a week for 6 Weeks – Online via Zoom Maximum 10 people per group Cost : \$150 per adult or \$90 per adult for a NSW Pensioner concession card holder.	Phone: 1300 473 528 or Email: interrelate@interrelate.org.au for an Intake appointment. Bookings essential.
Interrelate Building Connections Program Online Facilitated or Online Self-paced	Helping separated parents have strong, healthy relationships with their children. https://www.interrelate.org.au/programs-services/families	Building Connections Online groups are run on a weekly basis at different times and days of the week.	2.5 Hours Group online facilitated program. Maximum 12 people per Group. Or A Self-paced online option is \$25.00.	Phone: 1300 473 528 or Email: interrelate@interrelate.org.au Bookings essential. OR Enrol here for self-paced - \$25. https://interrelate-elearning.mygo1.com/p/embed.html#/embed-course/36385342?instance=36240924

Interrelate Tuning into Teens	Tuning Into Teens is a six-session program designed to help parents and caregivers maintain positive relationships with their Pre-teens and teenagers. The program takes a strengths-based approach and focuses on building participants ability to connect with the adolescents in their lives.	Wednesdays 6/08/25 – 10/09/2025 5:30pm – 7:30pm	Interrelate Lismore Suite 2, Level 3 214 Molesworth Street Lismore NSW 2480 Once a week for 6 weeks No Cost	Phone: 0266 232700 or Jess 0475817383 For intake and further information. Bookings essential. https://interrelate.org.au/
Men and Family Centre MEND Program	Men Exploring New Directions which is a Men's Behaviour Change group. The groups are 20 weeks in length with new participants able to join every 10 weeks. Whilst people are waiting there are some pop-up small group session		20 weeks in person Suite 6/32 Gumtree Drive, Goonellabah No Cost	Phone: 0458 172 846 For intake and further information Bookings Essential. https://menandfamily.org.au/
Men and Family Centre ARC Rainbow group	ARC Rainbow Healthy relationships group is a new innovative 12-week program for LGBTIQSB+ people of all genders and sexualities in the Northern Rivers.		12 weeks in person program Suite 6/32 Gumtree Drive, Goonellabah No Cost	Phone: 0478 829 038 For intake and further information Bookings Essential. https://menandfamily.org.au/arc-gender-relations/



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Men and Family Centre ARC Dad's Group	ARC Dad's Group is a 11-week program for dads & Caregivers who want to. Enjoy better & closer relationships with their kids and better understand their kids & behaviour. Help build their child's resilience and confidence. Dig a little deeper into what it means to be a "dad" and a "man: in today's world.		11 weeks in person Suite6 /32 Gumtree Drive, Goonellabah No cost	Ph: Lisa 0401 759 222 or Hunter 0422 233 837 For Intake and Further information. Bookings essential https://menandfamily.org.au/
NORWACS Shark Cage Group Program	A supportive group program for women who have experienced DFV and or sexual assault. Using the Shark Cage framework, participants will learn about the impacts of trauma, creating and setting boundaries, develop assertiveness skills and build their sense of empowerment. The group is a safe space for women to create a strong and positive sense of themselves and their rights. The group is open to women of all abilities and diversity.	Wednesdays 06/08/25 to 24/09/25 10am -1pm	8 weeks, in person in 60 Uralba Street, Lismore No Cost	Ph: 02 6621 9800 or Email: sharkcage@norwacs.org.au Bookings essential www.lismorewomen.org.au
Family Support Network Black Box parenting	The Black Box parenting program supports parents facing distress, trauma, loss or domestic violence. Utilizing a trauma-informed approach, it helps deepen understanding of how these experiences affect parenting. The program provides compassionate, evidence-based strategies aimed at improving emotional regulation, fostering attachment, and enhancing family functioning during challenging times.	Thursdays 7/08/25 – 4/09/25 10:00am -12:30pm	5 x 2.5 hr weekly sessions 1/73 Magellan Street, Lismore No Cost	To register, please call 66212489. Bookings essential www.fsn.org.au

<p>The Family Centre</p> <p>Thoughtful Parenting</p>	<p>Thoughtful Parenting is a 1.5-hour parenting program for parents & carers with Children aged 0-12 yrs old. In this program we explore children's brain development, helping to explain why children behave the way they do and provide strategies to better manage our reactions to behaviours.</p>	<p>Tuesday</p> <p>5/08/25</p> <p>10:30am – 12:30pm</p> <p>OR</p> <p>Thursday</p> <p>4/09/25</p> <p>5:45pm – 7:45pm</p>	<p>Online</p> <p>Open to Tweed/Ballina/Byron & Southern Gold Coast residents</p>	<p>To register, please call 1800 211 154</p> <p>Bookings Essential</p> <p>https://thefamilycentre.org.au</p>
<p>The Family Centre</p> <p>Anxiety Coach</p> <p>For Parents/carers with children aged 4-12 years.</p>	<p>Anxiety Coach is a child development course that aims to support parents and caregivers to take a preventative role in the development of anxiety problems and support children to develop skills to reduce anxiety. It is what we call a “parent-led approach”, meaning that you take on the role of the coach in your child's life and are able to guide them through difficult emotions when they arise.</p>	<p>Wednesdays</p> <p>30/07/25-13/08/25</p> <p>10:00am - 12:00pm</p> <p>OR</p> <p>Thursdays</p> <p>11/09/25 – 25/09/25</p> <p>12:00pm - 2:00pm</p>	<p>Online</p> <p>Open to Tweed/Ballina/Byron & Southern Gold Coast residents.</p> <p>No Cost</p>	<p>To register, please call 1800 211 154</p> <p>Bookings Essential</p> <p>https://thefamilycentre.org.au</p>



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<p>The Family Centre Tuning into Teens</p>	<p>A course for parents/carers of teenagers 12-17 yrs old. Tuning into teens aims to help you and your adolescent manage The Self Esteem to empower women is a one-day course that assists you to understand: self-esteem and what influences it, unhelpful thinking and how to challenge our negative thinking/self-talk and exploring boundaries in our relationships. Through information sessions, practical exercises, and group discussions we will also explore how self-care can influence our self-esteem and self-worth</p>	<p>Wednesdays 6/08/25 – 10/09/25 5.30pm - 7.30pm</p>	<p>TFC 15-17 Frances Street, Tweed Heads NSW 2485</p> <p>Open to Tweed/Ballina/Byron & Southern Gold Coast residents.</p> <p>6 x 2-hour sessions.</p>	<p>To register, please call 1800 211 154</p> <p>Bookings Essential</p> <p>https://thefamilycentre.org.au</p>
<p>The Family Centre 123 Magic & Emotion Coaching</p>	<p>123 Magic & emotion coaching is a parenting program developed to assist parents to respond to your children's behaviour and help you feel more confident in your parenting approach. The course explores emotions and how to help children identify and manage emotions to encourage positive behaviours and build emotional resilience. For Parents/Carers with children aged from 2-12 years.</p>	<p>Thursdays 21/08/25 – 4/09/25 5.30pm – 7.30pm</p>	<p>Online,</p> <p>Open to Tweed/Ballina/Byron & Southern Gold Coast residents.</p> <p>3 x 2-hour sessions</p> <p>No Cost</p>	<p>To register, please call 1800 211 154</p> <p>Bookings Essential</p> <p>https://thefamilycentre.org.au</p>



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<p>The Family Centre</p> <p>Circle of Security</p>	<p>Based on decades of research, the Circle of Security® Parenting™ program focuses on how secure parent-child relationships can be supported and strengthened. It is a relationship-based early intervention program designed to enhance attachment security between parents and children aged 0–12 years. At the heart of this program is the idea that parenting is about learning from mistakes, not striving for perfection. The program provides parents and caregivers with a clear roadmap to building strong, secure relationships that will benefit their children for life.</p>	<p>Mondays</p> <p>12/08/25 – 23/09/2025</p> <p>10am – 12pm</p>	<p>Online</p> <p>Open to Tweed/Ballina/Byron Residents.</p> <p>7 x 2-hour sessions</p> <p>No cost</p>	<p>To register, please call 1800 211 154</p> <p>Bookings Essential</p> <p>https://thefamilycentre.org.au</p>
<p>Jumbunna Community Preschool & Early Intervention Centre</p> <p>Circle of Security</p> <p>www.jumbunna.com.au</p>	<p>Circle of Security employs a relationship-based approach that focuses on enhancing attachment security between parents/carers and their children. Backed by research, this program assists caregivers in making better sense of their child's behaviour and needs; while strengthening connections with them. This program focuses on a child's sense of security, self-esteem and ultimately strengthening the parent-child bond.</p>	<p>Wednesdays</p> <p>6/08/25 – 27/08/25</p> <p>12.30pm – 2.30pm</p>	<p>4 weeks in person</p> <p>Jumbunna Hub 70 High Street Casino NSW</p> <p>No Cost</p>	<p>To Register Please call 66 622 866</p> <p>Email: wferguson@jumbunna.com.au</p> <p>Bookings Essential.</p>

Please note all programs, dates and locations are subject to availability and to change, please confirm final details with the provider.