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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://interrelate.org.au/relationship-and-parenting-courses/#forparents	Mondays 9/2/26 – 16/3/26 10am – 12.30pm OR Tuesdays 10/2/26 – 17/3/26 10am – 12.30pm *Additional group dates may become available.	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. https://interrelate.org.au/
Interrelate Building Connections Program Online Facilitated or Online Self-paced	Helping separated parents have strong, healthy relationships with their children. https://interrelate.org.au/relationship-and-parenting-courses/#forparents	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 10 people per Group. Group - No Cost. 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.org.au/relationship-and-parenting-courses/courses-for-separated-parents/building-connection/



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<p>Interrelate</p> <p>Aboriginal Building Connections</p>	<p>Aboriginal Building Connections helps parents, grandparents, carers and extended family members to support the children of the family during their parent's separation. It is a course that combines information and guidance around the impact of separation on children, teaching the skills needed to build workable agreements so your children feel safe and supported by everyone. You will be guided on how to separate relationship issues from parenting decisions learning how to better navigate differing opinions and disagreements so you can make the best decisions to support your family.</p> <p>https://interrelate.org.au/relationship-and-parenting-courses/#element-672</p>	<p>11/02/26</p> <p>Or</p> <p>26/03/26</p> <p>OR</p> <p>1/04/26</p>	<p>3 Hours Group online facilitated program.</p> <p>Maximum 10 people per Group.</p> <p>No Cost</p>	<p>Phone: 1300 473 528 or Email: interrelate@interrelate.org.au</p> <p>Bookings essential.</p> <p>https://interrelate.org.au/</p>
<p>Interrelate</p> <p>Understanding the Family Dispute Resolution Process</p>	<p>Family Dispute Resolution is a type of mediation that helps you to settle parenting arrangements with the primary goal of setting you up with the foundations for co-parenting well. Our Understanding Family Dispute Resolution workshop will help you to understand what makes up this process and what you might expect as you go on this journey.</p> <p>https://interrelate.org.au/relationship-and-parenting-courses/#element-672</p>	<p>28/01/26</p> <p>OR</p> <p>25/02/26</p> <p>OR</p> <p>25/03/26</p> <p>5.30pm – 7pm</p>	<p>1.5-hour online group facilitated program.</p> <p>No Cost.</p>	<p>Phone: 1300 473 528 or Email: interrelate@interrelate.org.au</p> <p>Bookings essential.</p> <p>https://interrelate.org.au/</p>

Men and Family Centre MEND Program	<p>Men Exploring New Directions which is a Men's Behaviour Change group.</p> <p>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</p>		<p>20 weeks in person</p> <p>Suite 4/186 Molesworth Street, Lismore</p> <p>No Cost</p>	<p>Phone: 0458 172 846 For intake and further information</p> <p>Bookings Essential.</p> <p>https://menandfamily.org.au/</p>
Men and Family Centre ARC Rainbow group	<p>ARC Rainbow Healthy relationships group is a new innovative 12-week program for LGBTIQSB+ people of all genders and sexualities in the Northern Rivers.</p>	<p>14th January 2026</p> <p>6pm-8pm</p>	<p>12 weeks in person program</p> <p>Suite 4/186 Molesworth Street, Lismore</p> <p>No Cost</p>	<p>Phone: 0478 829 038 For intake and further information</p> <p>Bookings Essential.</p> <p>https://menandfamily.org.au/arc-gender-relations/</p>
Men and Family Centre ARC Dad's Group	<p>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.</p>		<p>11 weeks in person</p> <p>Suite 4/186 Molesworth Street, Lismore</p> <p>No cost</p>	<p>Ph: Lisa 0401 759 222 or Hunter 0422 233 837</p> <p>For Intake and Further information.</p> <p>Bookings essential</p> <p>https://menandfamily.org.au/</p>



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<p>WHNR</p> <p>Shark Cage Group Program</p>	<p>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.</p>	<p>Wednesdays</p> <p>11/02/26 – 01/04/26</p> <p>10am-1pm</p>	<p>8 weeks, in person in</p> <p>60 Uralba Street, Lismore</p> <p>No Cost</p>	<p>Ph: 02 6621 9800 or Email: sharkcage@whnr.org.au</p> <p>Bookings essential</p> <p>www.whnr.org.au</p>
<p>Family Support Network</p> <p>Circle of Security</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>4 x 2.5 hr weekly sessions</p> <p>1/73 Magellan Street, Lismore</p> <p>No Cost</p>	<p>To register, please call 66212489.</p> <p>Bookings essential</p> <p>www.fsn.org.au</p>

<p>Family Support Network</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>3 x 2.5 hr weekly sessions</p> <p>1/73 Magellan Street, Lismore</p> <p>No Cost</p>	<p>To register, please call 66212489.</p> <p>Bookings essential</p> <p>www.fsn.org.au</p>
<p>Family Support Network</p> <p>Engaging Adolescents</p>	<p>Engaging adolescents equips parents and caregivers in navigating challenging conversations with teenagers, enhancing bonding. Suitable for caregivers of children aged 10 & over.</p>		<p>3 x 2.5 hr weekly sessions</p> <p>1/73 Magellan Street, Lismore</p> <p>No Cost</p>	<p>To register, please call 66212489.</p> <p>Bookings essential</p> <p>www.fsn.org.au</p>

<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>28/01/26</p> <p>10:30am – 12:30pm</p> <p>OR</p> <p>26/02/26</p> <p>5pm – 7pm</p> <p>OR</p> <p>26/03/26</p> <p>11am-1pm</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>Tuesdays</p> <p>10/02/26 – 24/02/26</p> <p>5pm – 7pm</p> <p>3 x 2-hour sessions</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>

<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>Tuesdays 1702/26- 24/03/26 5.30pm – 7.30pm 6 x 2-hour sessions</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>
<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 12/3/26 – 26/3/26 10am – 12pm 3 x 2-hour sessions</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>

<p>YWCA - Kids 4 Life</p> <p>Supported Playgroups</p>	<p>We deliver age-appropriate activities that prioritise child development milestones for 0-5 years. We promote healthy relationships between parents and carers, children and their communities. As a supported playgroup, we can connect families with local support services for financial, legal, counselling, child development and other services. Local services attend playgroup to support with this.</p>	<p>Tuesdays & Thursdays</p> <p>10am-12pm</p> <p>All Families welcome - Morning Tea provided</p> <p>Wednesdays – Goori Group</p> <p>11am-1pm</p> <p>Lunch provided</p> <p>Each week during school Terms</p>	<p>YWCA, 101A Rous Road, Goonellabah</p> <p>Transport available on request.</p> <p>No Cost</p>	<p>No prior registration needed can drop in on the day.</p> <p>More information – lismore@ywca.org.au, 02 66255800, 0425366979.</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>Commencing February 2026</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.