

Discovering new ways to be a great parent



Uniting

For more than 100 years, we have worked with children, young people and families, particularly those who are disadvantaged, vulnerable and isolated.

A selection of courses are offered each school term.

Get in touch

Uniting Burnside Port Macquarie

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Hours

Monday to Friday, 8.30am to 4.30pm

uniting.org

Uniting Burnside Children & Families Team is funded by the Department of Community Services' Early Intervention and Placement Prevention Program and Families NSW.

We welcome and acknowledge the valuable support of volunteers. Without their generosity of time and expertise, our programs would not be able to function at the level they do.

Parenting Strategies

Parenting Programs
Port Macquarie

January 2025



Uniting

Your choice of programs:

Circle of Security Parenting

Circle of Security Parenting is a user-friendly, visually-based approach to helping parents better understand the needs of their children as well as their own parenting experience. It helps parents to see how creating a relationship with their child, in which feelings can be shared, helps to build a solid emotional foundation for children and is essential in developing a secure attachment. Online option – please see over page.

Target group: Parents & Carers of children of any age



Circle of Security Parenting

ONLINE – AFTER HOURS

We are currently taking 'expressions of interest' to run COSP after hours online. Please register your interest!



Bringing Up Great Kids

An effective program in supporting the development of mindful and positive relationships between parents/carers and children. It focuses on building positive and nurturing relationships between parents and their children. The program aims to support parents to review and enhance their patterns of communication with their children, to promote more respectful interactions and encourage the development of children's positive self-identity.

Target group: Parents of children aged 2-10yrs



This 8 week safe, supportive and informative group is for women who have experienced family violence and/or sexual abuse in their lives.

This program is accessible explanation that offers a roadmap out of re-victimisation. You will explore:-

- The impacts of trauma
- Recognising healthy relationships
- Managing emotions
- Develop assertive communication skills
- Building a sense of empowerment

R.A.G.E.

Renavigating Anger & Guilty Emotions is a four-week anger management course for adolescents. In a small group with their peers, they will learn about the many faces of anger and the *Anger Cycle* in a fun, relaxed atmosphere.

Target group: Adolescents aged 11-17yrs & their parents



Tuning in to Kids / Teens

These programs focus on developing emotional intelligence and emotion coaching for kids or teenagers. Information is provided about brain development of children and teenagers throughout a free six week course. Learn how to help your child manage his/her emotions and deal with conflict.

Target group Tuning into Kids:

Parents & Carers of children aged 4-10yrs

Target group Tuning into Teens:

Parents & Carers of young people aged 10-17yrs

