**HOW TO ENROL**

Please read the booking conditions carefully before proceeding.

**Complete** the Application Form;

**Make** cheques/money orders payable to: Northern Sydney Local Health District

**Post** the completed Application Form and the fee to:
- Child & Adolescent Parenting
- PO Box 142
- North Ryde NSW 1670

or fax forms, using Mastercard or Visa to:
- FAX: 8877 5319

**Staff Concessions:**
20% discount for staff of Northern Sydney Local Health District on courses only.

**Childminding:**
We regret we cannot provide childminding.

**Public Holidays:**
Classes are NOT held on public holidays.

**Receipts:**
Receipts and confirmations are posted after your enrolment has been processed. Please allow adequate time before enquiring.

**Refunds/Credits:**
Select your course carefully. Refunds and/or credits cannot be given unless a course is cancelled.

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**APPLICATION FORM**

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<th>Family Name</th>
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<th>Given Name(s)</th>
<th>Suburb</th>
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**CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION.**

**NSLHD employees ONLY:**
Department & Hospital

Pay cheques/money orders to:
- Child & Adolescent Parenting
- PO Box 142, North Ryde NSW 1670

OR Fax form with CREDIT CARD details to 8877 5319

Credit Card:
- Mastercard
- Visa Card

**Cardholder’s Name:**
(Printed)

**Cardholder’s Signature:**

**AMOUNT:** $

**PAYMENT TO BE MADE PRIOR TO COURSE COMMENCEMENT. NO REFUNDS UNLESS COURSE IS CANCELLED.**

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**COURSE VENUES**

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<th>Chatswood Community Health Centre, 57 Hercules St</th>
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**ALL OUR LEADERS ARE PARENTS & PROFESSIONALLY QUALIFIED**

Couples discount available for courses only.

We regret that we cannot provide child minding.
FOR CHILDREN 1–12 YEARS

### Toddlers: Terrible or Terrific
3 x 2.5 hr workshops $50pp or $120pp for 3 workshops in one term

**Age 1-3yrs**
(1) Understanding Your Toddler/Discipline & Tantrums
(2) Tucker without Tantrums/Toilet Training
(3) Speech & Language Development/Sleep

**Term 1**
- Mon 7.00-9.30pm 22/1, 29/2, 7/3 (3) Chatswood
- Tues 7.00-9.30pm 15/3, 22/4, 29/5 Chatswood
- Wed 7.00-9.30pm 5/4, 12/5, 19/5 Chatswood
- Thurs 7.00-9.30pm 26/5 (3) Chatswood

**Term 2**
- Mon 7.00-9.30pm 9/6, 16/6 Chatswood
- Tues 7.00-9.30pm 23/6 Chatswood
- Wed 7.00-9.30pm 30/6 Chatswood

### Helping your 3 – 6 Year Old Child with Anxiety
2 x 2.5hr workshops $80 for the 2 workshops

**PARTICIPANTS MUST ATTEND BOTH WORKSHOPS**
Content: Understand anxiety, symptoms, impacts & causes; learn ways to overcome anxiety & work on specific skills; find out traps to avoid & where to seek help.

**Term 1**
- Mon 7.00-9.30pm 21/3 & 4/4 Chatswood
- Tues 7.00-9.30pm 7/4 & 21/4 Chatswood

**Term 2**
- Mon 7.00-9.30pm 9/5, 16/5 Chatswood
- Tues 7.00-9.30pm 23/5 Chatswood
- Wed 7.00-9.30pm 30/5 Chatswood

### Tuning in to Kids
5 wks (2.5hrs) $175pp ($150 concession) **Age 3-10yrs**
**Content:** Help your child develop emotional intelligence, learn how to talk with & understand your child, help them manage emotions, prevent behaviour problems & teach them to deal with conflict.

**Term 1**
- Mon 7.00-9.30pm 6/3, 13/3, 20/3 Chatswood
- Tues 7.00-9.30pm 27/3, 3/4 Chatswood
- Wed 7.00-9.30pm 10/4, 17/4 Chatswood
- Thurs 7.00-9.30pm 24/4 Chatswood
- Fri 7.00-9.30pm 1/5 Chatswood

**Term 2**
- Mon 7.00-9.30pm 8/5, 15/5 Chatswood
- Tues 7.00-9.30pm 22/5 Chatswood
- Wed 7.00-9.30pm 29/5 Chatswood
- Thurs 7.00-9.30pm 5/6 Chatswood
- Fri 7.00-9.30pm 12/6 Chatswood

### Triple P (Positive Parenting Program)
3 x 2hr seminars $50pp or $120pp for 3 seminars

1 - The Power of Positive Parenting
2 - Raising Confident, Competent Children
3 - Raising Resilient Children

**Term 1**
- Wed 7.00-9.00pm 9/3, 16/3, 23/3 Chatswood
- Fri 7.00-9.00pm 30/3 Chatswood

**Term 2**
- Wed 7.00-9.00pm 6/4, 13/4, 20/4 Chatswood
- Fri 7.00-9.00pm 27/4 Chatswood

### Communicating with Kids Workshop
2.5hrs $50pp
**Content:** Communication skills for building positive relationships, problem ownership, listening skills, assertiveness skills and problem solving skills.

**Term 1**
- Tues 7.00-9.30pm 5/4 Chatswood
- Thurs 7.00-9.30pm 2/6 Chatswood

### Resilient Kids Workshop
2.5hrs $50pp
**Content:** Helping your child recognise, accept & express feelings, develop optimistic thinking, coping skills & problem solving, deal with negative emotions.

**Term 1**
- Wed 7.00-9.30pm 3/6 Chatswood
- Thurs 7.00-9.30pm 10/6 Chatswood

**Term 2**
- Wed 7.00-9.30pm 17/6 Chatswood
- Thurs 7.00-9.30pm 24/6 Chatswood

### FOR TEENS

### Tuning in to Teens
5wks (2.5hrs) $175pp ($150 concession)
**Age 13-18 yrs**
**Content:** Help your teenager develop emotional intelligence, learn skills to talk and understand your teenager, help them to manage their emotions, prevent behaviour problems and teach them to deal with conflict.

**Term 1**
- Mon 7.00-9.30pm 6/3, 13/3, 20/3 Chatswood
- Tues 7.00-9.30pm 27/3, 3/4 Chatswood
- Wed 7.00-9.30pm 10/4, 17/4 Chatswood
- Thurs 7.00-9.30pm 24/4 Chatswood
- Fri 7.00-9.30pm 1/5 Chatswood

**Term 2**
- Mon 7.00-9.30pm 8/5, 15/5 Chatswood
- Tues 7.00-9.30pm 22/5 Chatswood
- Wed 7.00-9.30pm 29/5 Chatswood
- Thurs 7.00-9.30pm 5/6 Chatswood
- Fri 7.00-9.30pm 12/6 Chatswood

### Dealing With Teen’s Backchat Workshop
2.5hrs $50pp
**Content:** Are you struggling with a teenager who answers back all the time? Learn how to restore a respectful and positive relationship between you and your teenager, understand what it is like being a teenager today, learn how to talk so that they will listen and how to listen so that they will talk to you.

**Term 1**
- Mon 7.00-9.30pm 6/3, 13/3, 20/3 Chatswood
- Tues 7.00-9.30pm 27/3, 3/4 Chatswood
- Wed 7.00-9.30pm 10/4, 17/4 Chatswood
- Thurs 7.00-9.30pm 24/4 Chatswood
- Fri 7.00-9.30pm 1/5 Chatswood

**Term 2**
- Mon 7.00-9.30pm 8/5, 15/5 Chatswood
- Tues 7.00-9.30pm 22/5 Chatswood
- Wed 7.00-9.30pm 29/5 Chatswood
- Thurs 7.00-9.30pm 5/6 Chatswood
- Fri 7.00-9.30pm 12/6 Chatswood

### Triple P (PPP) Seminars (2hrs)
**Organised through schools, centres and councils**
Community rate $500 group booking (25 people)
To organise a workshop/seminar OR for details of workshops/seminars scheduled, phone 8877 5152.

### Toddler Workshops
**2.5 hours**
1. Understanding Your Toddler/Discipline & Tantrums
2. Tucker Without Tantrums/Toilet Training
3. Speech and Language Development/Sleep

### Older Sibling – New Baby
**2.5 hours**
Content: Understanding your older child’s feelings, development & reactions, strategies to help juggle 2 children & manage the older child’s behaviour, community services & networks.

**MON 14/3**
7.00-9.30PM CHATSWOOD

### Grand Parenting
**2.5 hours**
Content: Role of grandparents in today’s world, challenges and joys of being a grandparent, supporting children/grandchildren through active listening & problem solving, discussion around real life scenarios.

### Communicating with Kids Workshop
**2.5hrs**
Content: Communication skills for building positive relationships, problem ownership, listening skills, assertive skills and problem solving skills.

### Transition to School
**2.5 hours**
Content: The emotional transition from home to school, effective communication and listening skills, how to say “no” assertively, problem solving skills and how parents can look after themselves.

### Resilient Kids
**2.5 hours**
Content: Helping your child recognise, accept & express feelings, developing optimistic thinking, coping skills & problem solving, dealing with negative emotions & stressful events.

### Transition to High School
**2.5 hours**
Content: Learn practical tips to make the transition smoother, understand the changes ahead, build self-esteem, use communication skills and how parents can look after themselves.

### Dealing with Backchat
**2.5 hours**
Content: Restore a respectful & positive relationship between you and your teenager, understand teenagers today, how to talk so that they will listen & listen so that they will talk to you.