

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

Principal: Mr John Barrington  
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Student Absences: 4230 8585  
Postal Address: PO Box 130, Albion Park NSW 2527  
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Website: www.sjchsdow.catholic.edu.au

Date: 4th June, 2015

Term 2 Week 7A

Dear Parents, Students, Staff and Friends of St Joseph's Community,

## School Musical

The annual School Musical is fast approaching. Students and staff have been preparing tirelessly for months. The culmination of their hard work brings **Seven Brides for Seven Brothers** for you to enjoy during the last week of this term. Tickets are on sale now.

Show times this year are:

Wednesday 24th June @ 7:30pm

Friday 26th June @ 11:30am and 7:30pm and

Saturday 27th June @ 2pm and 7:30pm



To purchase tickets please go to the school

website and access the link or click [here](#) or visit <http://www.trybooking.com/HXRU>.

## School Social

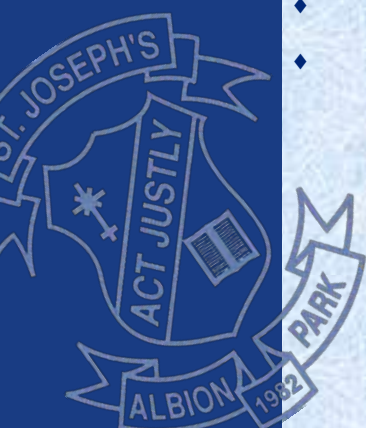
The SRC is hosting a social on Wednesday evening 10th June, 2015 from 7-10pm. Entry is \$7 (correct change would be of assistance) and a canteen will operate. Profits from the evening will be donated to Caritas Australia to assist with their response to the Nepal Earthquake Crisis.

School Social Rules (as per previous years):

- ♦ Parents are urged to bring and collect their children from the school hall or to arrange transport with other parents.
- ♦ Students who are absent from school on the day of the social are NOT permitted to attend.
- ♦ Students will be required to be at the hall no later than 7:10pm and may not leave until the end of the night unless collected by a parent. Students who will be late because of prior commitments are required to inform Mr Barrington well in advance by providing a note.
- ♦ Late students who have not given advanced notice will not be admitted unless accompanied by a parent.
- ♦ Only current students are permitted to attend.
- ♦ Smoking is not permitted. Any student who is suspected of consuming alcohol or illegal drugs will be denied entry. Parents will be contacted and asked to collect students.

Mr John Barrington,  
Principal

*There is a time to study  
And  
There is a time to dance!*







### Year 11 Work Experience

Year 11 students are asked to finalise their Work Experience and submit their forms to Mrs Kennedy no later than 26 June. This is only 4 weeks from now!! If you need help please see me immediately! WORK EXPERIENCE DATES ARE 12-16 OCTOBER.

*Mrs Kennedy, Careers Advisor*



Australia's  
**BIGGEST  
MORNING  
TEA**

Last Thursday, Year 7 hosted the Cancer Council's Biggest Morning Tea. Students took a lot of initiative in putting this event together. I would like to thank all students who helped set up and run stalls and thank you to the many parents and grandparents for baking and bringing in items for us to sell. And of course, this event would not have been the success it was without the support of staff and students from St Joseph's - we thank you! The total amount raised from the event was \$587.10. A fantastic effort!

*Mrs Maria Oliverio, Year 7 Coordinator*



### School Athletics Carnival

On Tuesday 2nd June, the annual Athletics Carnival was held at Croome Road. Thank you to all the students who braved the cold conditions and helped make the carnival a great community event. Further details of house points and age champions will be available next week, however if you would like to see some photos of the days activities, please click [here](#). Thank you to Michael Bennett and Jake Reid for giving up their time to take these shots!



### Workshops - Under the Influence - Protecting our Children

Increase your understanding of factors that impact on the consumption of alcohol by young people and learn strategies to assist in protecting young people against factors that encourage alcohol misuse. The workshop will be held at Centenary Hall, Tongarra Road, Albion Park - Monday 15th June from 12:30pm-2:30pm. The workshop is free however,

we do ask for a \$2 donation to support activities that reduce alcohol related harm. Bookings are essential by calling Donna on 4254 2794.

### Wollongong Indigenous Arts Festival

To be held from Tuesday 9th June to Saturday 13th June at Wollongong Art Gallery. Events include an Indigenous Short Film Festival as well as workshops on reading aboriginal art and culminating with the announcement of winners on Friday evening 12th June. Refreshments are provided at all events and all events are free. For full details on events happening during the festival please visit [www.wollongongartgallery.com](http://www.wollongongartgallery.com).

**Uniform Shop Helper**

**8th June - Christine Callaway**

**11 June - Josephine Pulido**

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under Neals





# SPORT REPORT

## St Joseph's 1st XV Rugby Union Team

Congratulations to the St Joseph's 1st XV Rugby Union Team who are Regional Champions for 2015.

The day was held at Shoalhaven Rugby Park with the 4 strongest teams in the Illawarra vying for a place in the country finals. Our team will now progress to the Country NSW and ACT finals to be held in Canberra.

The gentlemen played with good spirit and some solid bone crunching action, they were outstanding ambassadors for our school and should be congratulated for their conduct both on and off the pitch. Several Year 10 under 16's players made a big step

up and were outstanding in their positions. A big thanks goes out to the sport department and Mr Sampson (Kade's Dad) who drove the bus down for us. The Champion Team: *James Barker, Aaron Merino, Michael Davis, Zane Galway, Damon Dropulic, Ryan Greenland, Sione Lufe, Simiki Lufe, Joshua Norris, Kade Sampson, Curtis Faughlin, Corey Daley, William Green, George El-Moujaber, Nathan Marecic and our Reserves; Zac Costa, Alan Stewart, Nathaniel Burns and Phoenix Box.*



**We are the champions**

## Waratah Rugby 7's

On Thursday 21st May the Under 14, 16 and Open Boys Rugby 7's teams played in the state wide Waratah Rugby 7's Illawarra/South Coast Division at Kiama Showground, the home of the mighty Kiama Cows! The team finished 2nd on the day and potentially may be promoted to the next level in Sydney due to some interesting occurrences in the final that impeded the efforts of the team, so watch this space for further information. The day was successful as a development tournament with boys from all age groups gaining skills and experience in rugby union and hopefully there might even be some aspiring Wallabies amongst the boys. Outstanding contributions came from *Brody Murrell, CJ Watts, Jack Fleming, Riley Stoker, Nathan Marecic, Corey Daley, Alan Stewart, Lleyton Callaway, Kade Sampson, Damon Dropulic and Michael Davis.*

## Swans AFL Cup Report

The AFL boys admirably represented St Joseph's at the recent AFL Gala Day in Figtree. In wet and slippery conditions the team lost by a slim margin to Edmund Rice thanks enormously to the efforts of our scrambling centres, in particular *Izak Parkes* who repeatedly put his body on the line and prevented Edmund Rice from maintaining possession. Conditions did not improve throughout the day and Joeys managed a further draw against Holy Spirit and a win over Smith's Hill. Best on the ground went to *Aris Seitaridis* who was fuelled up on sherbet and never stopped fighting for the ball! Thanks to all players for their teamwork.





**Congratulations** to *Sophie and Alexis Edwards, Mikayla Stephens and Jenna Irish* who represented NSW at the National Acrobatics Championships in

Melbourne last weekend. All girls performed brilliantly and took home medals. Sophie, Alexis and Mikayla all received gold medals in the Level 6, Level 9 Trio and 12-18 age group respectively. Jenna placed third in the 11-16 years pairs and was awarded the bronze medal. This is an outstanding achievement from talented gymnasts. We are proud of you!

*Mrs Michelle Garbutt and Mrs Jodie Linsley*  
Sports Coordinators—**Remember - “Too much sport is NEVER enough”**



It has been proven, cultures with a strong food culture have stronger families and for parents, the kitchen table can be your best friend.

This week's Michael Grose article is all about the importance of family meal times. This can be a great connecting and information gathering time for families.

Michael Grose suggests serving from the table and finding family events to celebrate in order to bring the family to the table. I love the suggestion of using the best plates, cutlery and glasses for one night a week! We all have these - how many times do we get to use them? Our own precious families deserve this, instead of waiting for some special guest who may turn up once a year! Please take some time to read this interesting article.

*Mrs Megan Schibeci, Pastoral Care Coordinator*

### Canteen Roster 2015

8th June	Public Holiday
9th June	Hilary Tavernese, Danelle McNeilly, Danielle Laidlaw
10th June	Faye Webb, Emma & Garry McLaughlin, Unneka Guernier, Carmen Formosa
11th June	Cathy Sperring, Sandy O'Connor, Joanne Barker, Jodie Duff
12th June	Mary Daly, Wayne Thomas, Nicole Roach

### \*\*\*\*\* Important Dates for your Diary \*\*\*\*\*

- 8 June - Queens Birthday**
- 16 June - School Photos**
- 18 June - Year 7 Vaccinations**
- 24 June - School Musical Opening Night**
- 26 June - School Musical**
- Final day Term 2**
- 27 June - School Musical Final Night**
- 13 July - Term 3 Commences**
- 16th July - Parent Teacher Interviews 7-10**  
(from 3:50pm)
- 17th July - Parent Teacher Interviews 7-10**  
**Pupil Free Day**





## Career Corner

### University of Wollongong - Early Admission

Applications open Monday 3rd August. Click [here](#) for more information. And for interview tips for early entry click [here](#).

**Bond University** is inviting prospective students and their families to attend *Bond with Bond* to find out more about studying at Bond and meet other future students. Click [here](#) for information.

### ETCAD Program

A reminder that applications for the Engineering and Technology Cadetships (ETCAD) Program close on 12th June. This program provides Year 12 students with the opportunity to apply for an Engineering Cadetship at Rolls Royce or a Technology Cadetship at Westpac. Click [here](#) for details.

### University of Notre Dame - Young Achievers Early Offer Program

Applications close Friday 31st July. Prospective students are able to apply under one of four categories: Commitment to community and/or Church, Commitment and excellence in cultural pursuits, Commitment and excellence in sporting achievements and finally, Academic Excellence. Click [here](#) for more details.

### Echo Entertainment - Work Placements and Apprenticeships

Echo Entertainment who run The Star, Sydney, offer a number of work placements and work experience opportunities each year. Possible placements include culinary, accommodation services, events and administration. These placements can also provide the opportunity for exceptional students to continue on to full-time work at the Echo Culinary Institute. Click [here](#) for further information.

**Ella Bache College of Skin and Beauty Therapy Open Day** is on Saturday 8th August from 11am-1pm, Level 2/77 Berry Street, North Sydney. Click [here](#) for further information.

### BDO Australia Sydney Cadetship

Applications close Sunday 14th June. The BDO Cadetship program provides paid full-time work as a trainee Accountant while cadets complete their undergraduate degree. Click [here](#) for details.

**UNE Tracks** is a one year full-time or four year part-time preparation program for Aboriginal and Torres Strait Islander students who would like to develop the necessary skills and knowledge to undertake studies at UNE. Click [here](#) for details.

**Macleay College - Career Taster Workshops** Monday 29th June-Tuesday 30th June, 28 Foveaux Street, Surry Hills. Enjoy a taster in careers such as Event Management, Marketing, Advertising, Journalism, Public Relations or Travel and Tourism. Click [here](#) for details.

**Aspire Institute Free HSC Tutoring and Exam Tips** Monday 28th - Wednesday 30th September, 9:30-1:30pm, 151 Darley Road, Manly. Sessions will focus on General Mathematics or Business Studies. Designed specifically for Year 12 students. Click [here](#) for details.

**The Green Army** is an Australian Government initiative open to young people including Indigenous Australians, school leavers, gap year students, graduates and job seekers who are looking for employment. Click [here](#) for more information.

**Matrix Education - Years 9-12 July Holiday Courses** Click [here](#) for details.

**Parramatta Library at UNE Parramatta Campus - HSC Chemistry Trial Exam** Thursday 9th July 1:30-4pm @ University of New England, Future Campus Parramatta. An opportunity for Year 12 Chemistry students to get HSC Trial practice by sitting an exam and getting detailed feedback. Click [here](#).

**Carer Career Quiz** - an online quiz for those considering a career in the carer industry. The quiz takes a few minutes to answer and will provide a clear picture of where you could best fit into a career in disability or community care. Click [here](#)!

Mrs Sue Kennedy, Careers Advisor

## School Photos

*School photos will take place on 16th June. Students requiring a family (sibling photos) can collect an envelope from the front office. All individual photo envelopes will be distributed in Homeroom. Envelopes are to be handed back to the photographer on the day of school photos.*

## Year 7 Vaccinations

*Year 7 will have their second vaccinations on 18th June. This will occur during normal school hours in the school library.*

Mrs Christina Fraser, Administration Coordinator

### Important Dates for your Diary:

26th June - Applications for Work Experience close for Year 11  
1st July - BlueScope Cadetships for 2016 posted on their website  
3rd August - UOW Early Admission Opens  
29th, 30th June - BlueScope Cadet Snap Shot Days  
12th-16th October - Year 11 on Work Experience

<b>EXCURSIONS</b>		
<b>Excursion Name</b>	<b>Date</b>	<b>Payment/ Permission Note Closing Date</b>
<b>Ancient History HSC Study Day 2015</b>	<b>4 June</b>	<b>CLOSED</b>
<b>Secondary All School Rugby League Gala Day</b>	<b>9 June</b>	<b>CLOSED</b>
<b>HSC Chemistry Excursion 2015</b>	<b>18 June</b>	<b>11 June 2015</b>
<b>Yr 12 Formal 2015</b>	<b>20 Nov</b>	<b>4 Nov 2015</b>
<p><b>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE - REMINDER THAT ALL PERMISSION NOTES ARE ON THE SCHOOL WEBSITE.</b></p>		





# *Inclusion Mass*

*To Promote Awareness of Barriers  
to People with Disability*

*Saint John's Parish  
24 Jeramatta Street,  
Dapto*

*Concelebrated by Bishop Peter Ingham,  
Father Francis Tran and Father Greg Burke*

*5 pm Vigil Mass, June 13, 2015*

*A light supper will be served after  
Mass. All are welcome to attend.*

*"Spread always the culture of encounter, solidarity, acceptance of people  
with disabilities, not only by asking for just social welfare, but also by  
fostering their active participation in the life of society."*

*Pope Francis*

*Audio-Message to members of the Italian Union of Blind and Vision  
Impaired, 11 June 2013*



# INSIGHTS

by Michael Grose - No. 1 parenting educator



## The power of the kitchen table

***“It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.”***

**The kitchen table is a parent’s best friend. It’s where conversations occur. It’s where thoughts are aired, complements are given and food is shared.**

If you want to get a window into a child’s world then you need to sit around the kitchen table with him or her.

When I was a kid mum always made sure there’d be some food on the table when I came home from school. As soon as I came through the back door I’d throw my school bag in my room and come and sit down at the kitchen table to eat.

Mum used to sit at the kitchen table and have a cuppa at the same time. She always did..... or it’s seems like she did. My most vivid memories are sitting around the kitchen table with her.

It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.

### **People attach emotions to locations.**

People attach feelings to different places. I’d like to think my family links happy, joyous feelings to our kitchen table. After all we’ve had plenty of birthdays, Christmases, fantastic dinners, big breakfasts and countless other gatherings around our kitchen table.

The kitchen table anchors my now adult kids back to their childhoods and gives them a sense of belonging. That’s why the kitchen table is the first place they go to when they come home for a visit. They feel at home again.

On my trips to England I’ve noticed that the English don’t use the kitchen table like Aussies do. In fact, about a third of English homes don’t have a kitchen table at all. Many families eat in shifts and in front of the television.

English educators are concerned. They want their parents to talk to their kids more. They know when parents talk with their kids they enrich their vocabularies, and better still, influence their thinking.

They know that the kitchen table is a powerful ally in creating talk between the generations. That’s why they are encouraging people to sit at the kitchen table more.



The power of the kitchen table is immense. Don’t underestimate it or underuse it!

You can build kids’ confidence around it. You can build their character around it. You can build resilience too. Better still, you can build a family around the kitchen table and that’s quite a feat.

### **Making mealtimes memorable**

1. **Turn your evening meal into a night out at home.** Once a week dust off the best knives and forks and set the table in style complete with serviettes and candlesticks. Try waiting on your family restaurant style and impress on kids that they can use their best manners.
2. **Serve from the table.** Turn a simple meal into a communal activity by putting serving plates on the table, and plating up from the kitchen table. Kids usually stay longer when food is served this way.
3. **Any excuse for a celebration.** Look for reasons to celebrate with a sit down meal where everyone is expected to join in. Birthdays, term break-up days or a great school report are worth recognizing in this way.

**Published by Michael Grose Presentations.**

**All rights reserved. For more ideas, support and advice for all your parenting challenges visit:**  
**[www.parentingideas.com.au](http://www.parentingideas.com.au)**



PO Box 167 Balnarring VIC 3926 P. + 61 3 5983 1798 F. 03 5983 1722 E. [office@parentingideas.com.au](mailto:office@parentingideas.com.au)



# Feeling stressed about the HSC?

Our HSC Stress Less workshops will help you learn how to manage stress, study effectively, find balance in your life, and overcome procrastination.



**headspace**  
Wollongong

This free program runs for four weeks, and will be delivered by psychologists, youth workers and other mental health professionals from the **headspace** team.

The HSC Stress Less workshop series will be held on Wednesday afternoons (4pm-5.30pm) on **3, 10, 17 and 24 June**.

Participants should attend all four workshops in order to get the most out of the program. Places limited, so book your spot today.

**For more info, contact headspace Wollongong on 4220 7660 or email [headspace@gph.org.au](mailto:headspace@gph.org.au).**



Find out more:

[www.headspace.org.au/wollongong](http://www.headspace.org.au/wollongong)





# RECHARGE

· yoga for health and wellness ·

**Tuesdays, 4pm-5pm**

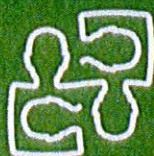
5, 12, 19, 26 May (4 weeks)

2, 9, 16, 23 June (4 weeks)



Take charge of your headspace  
as you practice exercise and  
mindfulness through yoga.

**For ages 16-25. Suitable for beginners.**



**headspace**  
Wollongong

Bring a towel and water bottle, and wear comfortable clothes. Bring your own yoga mat if you have one (we'll have spares if not) and try not to eat much one hour directly before class. Class starts 4pm.

Bookings essential: 4220 7660  
or [headspace@gph.org.au](mailto:headspace@gph.org.au)



**4220 7660**

**FREE!**

**[www.headspace.org.au/wollongong](http://www.headspace.org.au/wollongong)**





## Apprenticeships & Traineeships Information Sessions

Give yourself the best chance of getting an Apprenticeship

### Find out:

What employers want?  
Where do I find the jobs?  
Strategies and Resources

### Hear from and talk to:

- Employers
- Current Apprentices
- Group Training Companies
- TAFE NSW Illawarra Institute
- Australian Apprenticeship Centres
- NSW Dept of Education & Communities

### When and Where:

**Tuesday 23rd June 2015**

6.00pm – 8.00pm

The Builders Club, Wollongong

**Wednesday 24th June 2015**

6.00pm – 8.00pm

The Shellharbour Club

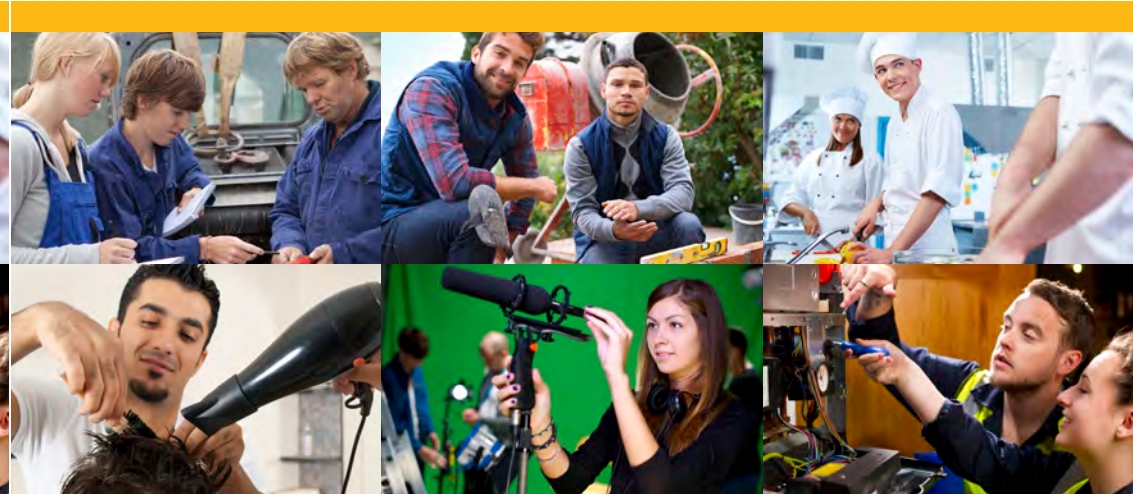
### Bookings (for FREE event)

**For Wollongong go to:** <https://register.eventarc.com/30250/apprenticeship-traineeship-information-sessions>

**For Shellharbour go to:** <https://register.eventarc.com/30253/apprenticeship-traineeship-information-sessions-shellharbour>

Enquiries: Call Workplace Learning Illawarra on (02) 4225 2526 or email: [tracey@iswlp.org.au](mailto:tracey@iswlp.org.au)

Presented by The Apprenticeship Partners:



## Apprenticeships & Traineeships Information Sessions

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**For Shellharbour go to:** <https://register.eventarc.com/30253/apprenticeship-traineeship-information-sessions-shellharbour>

Enquiries: Call Workplace Learning Illawarra on (02) 4225 2526 or email: [tracey@iswlp.org.au](mailto:tracey@iswlp.org.au)

Presented by The Apprenticeship Partners:





# CatholicCare **SIBS** Charity Golf Day 2015

All monies raised will benefit siblings in families of kids with a disability

**Port Kembla Golf Club - Monday July 6**

It is with great pleasure we invite you to join the CatholicCare Charity Golf Day.  
This event is a relaxing day with great networking and social opportunities whilst supporting an important cause.  
Get your team together and register to play in this event to help make a unique difference.

**Monday July 6, Port Kembla Golf Course, Golf Place Primbee**

Shot Gun Start 7:45am (registration from 6:30am) Lunch served at 1pm

Golf, Lunch & Wine - \$65pp      Lunch & Wine - \$50pp

Single Stableford Event for Annual Trophy and Runner Up Prizes (*players with Golf Link Handicap only*)

Single Stableford Event for social players, Stableford Team of Four Event for all players

**Patron:** Bishop Peter Ingham

*Ticket includes Guest Speaker, Silent Auction, Raffle, Prizes for nearest the pin and longest drive.  
Two course lunch and wine.*

Please complete the registration form by Friday 26 June, 2015

*For more information contact Chiara Mammone 4254 9308 or [chiaram@catholiccare.dow.org.au](mailto:chiaram@catholiccare.dow.org.au) or John Tubridy 4228 4474*

**Register Today!**



**CatholicCARE**

*hope begins with us*





# CatholicCare **SIBS** Charity Golf Day 2015

All monies raised will benefit siblings in families of kids with a disability

Port Kembla Golf Club - Monday July 6

## PLAYER REGISTRATION FORM

**Player 1 Name (Contact Person):** \_\_\_\_\_ G.A. H'CAP \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_ Phone:(M): \_\_\_\_\_

Email: \_\_\_\_\_ Do you require a cart? Y / N (please circle) If yes, how many do you require? \_\_\_\_\_

**Please note:** There are limited number of carts available at cost to player (\$35 per cart). Contact CatholicCare for a cart - ***please do not*** book through golf club.

**Player 2 Name** \_\_\_\_\_ **G.A. H'CAP** \_\_\_\_\_ **Social Player** Y / N (please circle)

**Player 3 Name** \_\_\_\_\_ **G.A. H'CAP** \_\_\_\_\_ **Social Player** Y / N (please circle)

**Player 4 Name** \_\_\_\_\_ **G.A. H'CAP** \_\_\_\_\_ **Social Player** Y / N (please circle)

**Please tick:** I / ☐ we will attend the lunch only at \$50pp **OR** I / ☐ we will attend the golf comp & lunch at \$65pp /Dietary restrictions? \_\_\_\_\_

☐ I cannot attend, but would like to make a donation. *Donations over \$2 are tax deductible*

Payment method: ☐ Cheque ☐ MasterCard ☐ Visa

Cheque for \$ \_\_\_\_\_ encl, incl \$ \_\_\_\_\_ donation *(Please make cheques payable to CatholicCare)*

Name of Cardholder \_\_\_\_\_ Card No : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_ Email \_\_\_\_\_

Amount deducted \$ \_\_\_\_\_ (incl \$ \_\_\_\_\_ donation)

*Thank you for your support. See you on Monday July 6*

**Please send completed forms to:**  
**CatholicCare by June 26, 2015**

**Address:** PO Box 1174,  
Wollongong, 2500

**Fax:** 4226 9736

**Email:** [chiamam@catholiccare.dow.org.au](mailto:chiamam@catholiccare.dow.org.au)

# WOLLONGONG TERM 3, 2015

## BRINGING UP GREAT TEENS

A workshop for parents of teenagers. This program covers connecting with teens, managing conflict, big issues and psychological challenges.

4 Monday **mornings** 10am - 12:30pm  
20, 27 July, 3 & 10 August 2015

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$15 per session**

## BRINGING UP GREAT KIDS

Parents will learn "mindfulness" techniques to increase awareness of their thoughts & feelings. They will learn to be more aware of their children's needs & how to better respond to their child's behaviour to improve children's self identity. Decrease parental stress & enhance the parent/child relationship.

4 Monday **mornings** 10am - 12:30pm  
24, 31 August, 7 & 14 September 2015

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$15 per session**

### WORKSHOP BOOKINGS

Campbelltown	4628 0044
Wollongong	4227 1122
Nowra	4421 8248

## KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs & impact on children.

5 Thursday **mornings** 10am - 12:30pm  
20, 27 August, 3, 10 & 17 September 2015

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$20 per session**

## 123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

3 Tuesday **mornings** 10am - 12:30pm  
18, 25 August & 1 September 2015

Bellambi Neighbourhood Centre  
Cnr Rothery Rd & Cawley St, **Bellambi**

3 Wednesday **evenings** 6:30pm - 9pm  
22, 29 July & 5 August 2015

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$15 per session**

## ROLLERCOASTER AGES 8 - 12

An 8 week program developed to assist children who are experiencing parental separation, divorce, or parents who have re-partnered. Rollercoaster helps children to understand change & loss; develop strategies for anger management & problem solving and understanding a whole range of feelings & emotions.

8 Tuesday **afternoons** 4pm - 5pm  
21, 28 July, 4, 11, 18, 25 August, 1 & 8 September

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$15 per session**

## MY KIDS & ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths & resources & to develop relationships with their children.

7 Thursday **mornings** 10am - 12:30pm  
6, 13, 20, 27 August, 3, 10 & 17 September 2015

CatholicCare  
25-27 Auburn St, **Wollongong**

**Workshop Fee: \$15 per session**



*Concessions may apply dependent on financial circumstances*