



**Marymead  
CatholicCare**

CANBERRA & GOULBURN



## Family Skills

The Family Skills program supports parents and carers in strengthening family relationships and developing a better understanding on how to effectively support children and young people.

### Individual Counselling

Includes 6 to 12 one-on-one sessions with a focus on increasing parental capacity and connection between parents or carers and their children.

### Group Programs

Group has a maximum size of 12 participants. The following topics are held throughout the year:

#### Seasons for Growth

A four-week mixed gender group to effectively navigate experiences of change, loss and grief.

#### Working with Strong Emotions for Women / Men

A six-week gender specific group to understand and effectively manage strong emotions.

#### Resilient Mums / Dads

A four-week gender specific group to strengthen self-care and overall wellbeing.

#### Navigating Parenting

A four-week mixed gender group to explore parents' roles in supporting children's needs and strengthening family relationships.

Co-contribution fees apply; concession and fee waivers available – no explanation required.

To register or make a referral, please contact Intake on **6162 6100** or email [intake@mccg.org.au](mailto:intake@mccg.org.au).

For more information on Family Skills, visit our website or scan the QR Code.

**Available in the ACT only.**

\*The program is open to anyone who resides in the ACT and Queanbeyan regions.



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**mccg.org.au**