

PAYMENT DETAILS

I have enclosed a cheque/money order payable to 'CatholicCare Social Services Hunter-Manning'.

I wish to pay by credit card

Name on card:

Card number:

Expiry date: ___/___

Visa Mastercard

Authorised signature:

I have paid by direct deposit

Account name: **Centacare Maintenance Account**

BSB: **062-815**

Account number: **00910880**

Description: **Please enter your surnames and 'BBH' number as the transaction description.**

*Please note all payments must be received prior to the workshop date.



CONTACT US

If you would like to find out more or learn about upcoming dates, please contact the Bringing Baby Home program at CatholicCare:

NEWCASTLE

CatholicCare Social Services Hunter-Manning
50 Crebert St, Mayfield 2304 NSW
P 02 4979 1370 | F 02 4979 1379
E ccenquiries@catholiccare.org.au

ABOUT CATHOLICCARE HUNTER-MANNING

CatholicCare Social Services Hunter-Manning is a not-for-profit organisation and a mission and outreach agency of the Catholic Diocese of Maitland-Newcastle. We employ more than 200 local people to provide services and support to families, couples, individuals and children in the Hunter-Manning regions. We offer a variety of children's, youth, family and disability services. You do not have to be Catholic to work with, or to receive assistance and support from, CatholicCare.



BRINGING BABY HOME



www.catholiccare.org.au

SERVING THE DIOCESE OF MAITLAND-NEWCASTLE



**Social Services
Hunter-Manning**
DIOCESE OF MAITLAND-NEWCASTLE



BRINGING BABY HOME

Bringing Baby Home (BBH) is a two-day workshop for couples who are expecting a new baby or have young children. Workshops are led by supportive facilitators who have been trained to assist expecting couples and new parents.

BBH helps parents to:

- build the skills needed to have happy, healthy family relationships - even during challenging times
- learn what to expect during the transition to parenthood
- learn how to strengthen friendship, intimacy, and conflict resolution skills with partners
- learn about child development and how to co-parent
- create a caring and nurturing atmosphere in the home and learn how to cope with conflict in positive ways
- prepare for life with a baby and discover how to be the best parenting team possible
- learn how to strengthen relationships and foster baby's development during this new and challenging time.

WHAT IS SPECIAL ABOUT THE BRINGING BABY HOME WORKSHOP?

- BBH is research-based and tested by Dr's John and Julie Gottman
- families who participated in the BBH Workshop showed several positive benefits
- couples had better quality relationships and displayed less hostility
- parents experienced better mental health, including less post-natal depression symptoms
- fathers were more involved and satisfied with their roles as parents.

WHAT DOES IT COST?

The total cost is \$250.00 per couple.

WHAT IS INCLUDED?

- the BBH workshop runs over two Saturdays, from 9.30am - 4.30pm
- all sessions are run by an accredited educator
- all participants receive a workbook and resources to take home
- refreshments, morning & afternoon teas.

COURSE CONTENT

- Goals of Workshop
- Transition to Parenting
- Sound Relationship House Theory
- Importance of Fathers
- Warning Signs of Relationship Meltdown
- Regulation of Conflict
- Rituals of Connection

**Prices correct at time of printing 08/10/2014. The Bringing Baby Home Program runs on demand, please call 4979 1370 to enquire or register for the next available program today!*

REGISTRATION FORM

Mother's Name: _____

Address: _____

Suburb: _____

P/Code: _____

Ph: _____

Age: _____

Email: _____

Occupation: _____

Father's Name: _____

Address: _____

Suburb: _____

P/Code: _____

Ph: _____

Age: _____

Email: _____

Occupation: _____

How did you hear about the program?

Both parents must attend the course on both days.

IT IS IMPORTANT TO BRING YOUR BABY TO THE WORKSHOP IF YOU HAVE ALREADY DELIVERED.

