



Our **Vision**

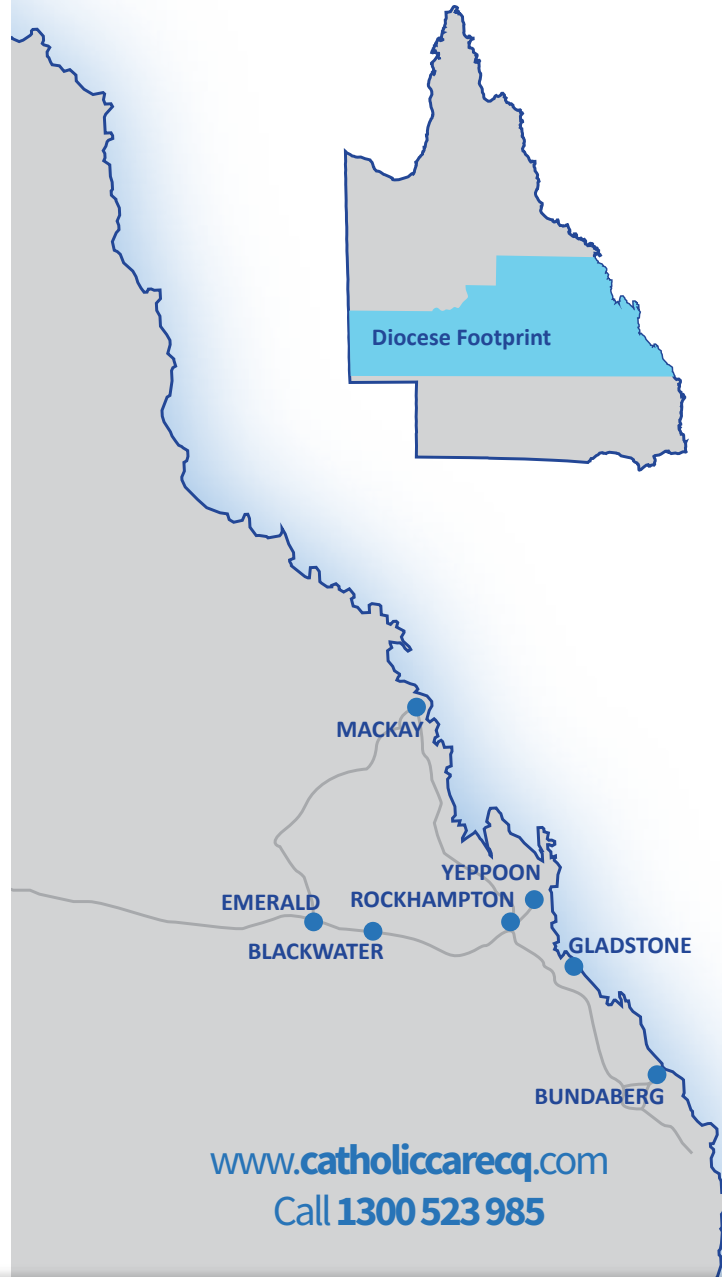
To be the first-choice provider of professional community services in the Catholic Diocese of Rockhampton.

Our **Mission**

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families.

Our **Support Areas**

With offices across Central Queensland, a member of the CatholicCare team is never far away.



CatholicCare
CENTRAL QUEENSLAND

1-2-3 **Magic**[®] & Emotion Coaching Parenting Program



The Program

1-2-3 Magic is a behaviour management program for parents and other carers of young children aged 2 - 12 years.

The program teaches you how to manage your child's behaviour without yelling, arguing or smacking.

1-2-3 Magic is easy to learn, and the simple and effective parenting techniques can be introduced immediately.

1-2-3 Magic is an evidence based program with proven effectiveness in decreasing behavioural problems in children, including those diagnosed with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD).

How it works

The program consists of three, two-hour sessions, with one session held per week.

Each session must be attended to receive the full benefit of the program

1-2-3 Magic will teach you:

- How to handle challenging and testing behaviours
- The common mistakes in addressing misbehaviour
- Disciplining without arguing, yelling or smacking
- Emotion coaching to encourage good behaviours
- How to establish positive behaviour patterns.

What is the cost?

Fees can be negotiated if necessary.

It is the policy of CatholicCare that no client will be refused a service based on an inability to contribute a fee.



CatholicCare is supporting
parents and children to build
strong and resilient families.

How do I book?

To find out when the next 1-2-3 Magic session is held in your area, please visit us at:

catholiccarecq.com/123magic
or call our friendly team on 1300 523 985.

Get Started Now

 **Online at:** www.catholiccarecq.com

 **Call:** 1300 523 985

 **Email:** admin@catholiccarecq.com

