



Phone (02) 4946 0919 to book, or
Fax referrals to (02) 4942 6041

The Hummingbird Centre Newsletter

December is here!

Well, what a year it has been! We hope that you and your loved ones have managed to navigate this unusual and challenging year as best as possible, and that you can look forward to a break to recharge over the upcoming Christmas-New Year period. All of us at The Hummingbird Centre would like to take the opportunity to thank our referrers and their support staff for all of your support throughout 2020. We have had the opportunity to expand our team at The Hummingbird Centre this year, and we look forward to working with you in 2021 and beyond.

What's coming up at The Hummingbird Centre?

In **Term 1 of 2021** we have some exciting programs coming up for parents and children, including:

- **Cool Kids:** Starting on the 9th of February 2021 (on Tuesday afternoons) we will be running the **Cool Kids** program for children aged 8 to 12 years with an anxiety disorder or high levels of anxiety symptoms. The Cool Kids program is a 10 session Cognitive Behaviour based program and will be run by our psychologists Madeleine Berryman and Nimra Bilgrami. Madeleine and Nimra are both accredited Cool Kids providers, and will be running the children's and parents' program, respectively. The children's program allows children to learn to:

- Recognise emotions such as fear, stress and anxiety;
- Challenge their beliefs about these emotions; and
- Encourage them to engaged in previously-avoided activities in more positive ways.

The parenting sessions enable parents to best support their children to learn these new skills and help them practice the new strategies in day-to-day activities.

Further information can be found at <http://www.hummingbirdcentre.com.au/event/cool-kids/>

- **The Circle of Security Parenting Program:** This program will be run by Family Psychologist Phil Bird of The Hummingbird Centre and commences on the 9th of February 2021. The program and will run for 8 weeks and is designed for parents and carers of children 0-12 years who would like support to help their children build secure relationships. This early intervention program focuses on relationships to give children emotional support, meet their relationship needs, turn negative patterns into positive patterns, manage strong emotions constructively, enhance school readiness, and improve self-esteem and peer relationships. Further information about this course can be found at <http://www.hummingbirdcentre.com.au/events/circle-of-security/>

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- **Get Wet for Wellbeing Swim Program**: On Monday the 1st of February 2021, the *free* 10 week program **Get Wet for Wellbeing Swim Program** commences – places are limited. This program is for mums with babies aged 4-12 months, and will be held in Toronto with the support of First Splashes Swim School. Mums will have the opportunity to connect with their baby in a supportive environment, whilst engaging in an enjoyable activity that enhances their own physical and emotional wellbeing. Participants will also be invited to a ‘Tea & Coffee Catch Up’ after the swim classes, facilitated by Accredited Mental Health Social Worker Vicki Mansfield from The Hummingbird Centre, providing opportunities for support and questions about infant development, responsive parenting, and parent wellbeing in the early years. Further information can be found at <http://www.hummingbirdcentre.com.au/events/mums-and-bubs-swim-class/>
- **Building New Pathways for Parents and Carers**: Commencing on Tuesday the 2nd of March 2021, this 3 part series run by Family Psychologist Phil Bird of The Hummingbird Centre provides practical strategies to support children and adolescents who have experienced early developmental trauma. The course will explore trauma and brain development, practical strategies for complex behaviours, and relationship-based strategies for improving connections with children including:
 - Understanding the impact of trauma on brain development and “Building New Pathways” – nervous system repair strategies based on the Neurosequential Model of Therapeutics (NMT – Bruce Perry);
 - Exploring the common behaviours that can present as a result of compromised brain development;
 - Developing an understanding of children’s behaviour through The Window of Tolerance and the trauma lens for trauma-based symptoms and exploring practical strategies for preventing challenging behaviour;
 - Learning trauma-informed response strategies for common difficulties and behaviours such as anxiety, defiance, emotional outbursts, hyperactivity, sleep problems, and aggressive behaviour;
 - Adapting parenting styles to develop therapeutic relationships with children and adolescents who have experienced early attachment ruptures;
 - Identifying and implementing strategies to create safe and therapeutic environments for traumatised children and adolescents.

Further information on this series can be found at:

<http://www.hummingbirdcentre.com.au/events/classes-and-workshops-for-clients/building-new-pathways-for-foster-and-kinship-parents/>

For the Christmas-New Year break The Hummingbird Centre will be closed from Thursday the 24th of December 2020 and reopen on Monday the 11th of January 2021. We look forward to coming back rested, refreshed and ready to work you and your patients in the year ahead.

Go to our website www.hummingbirdcentre.com.au/our-team/ for further information on our team members and services, and please don’t hesitate to contact us with any questions or queries.

Wishing you and your loved ones a safe, restful and enjoyable Christmas and a Happy New Year.

Sincerely,
The Hummingbird Centre Team.
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www.hummingbirdcentre.com.au



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