

2014 Presenters

Dr Glenn Cupit has taught child development to early childhood educators for 37 years. His core interest is children's spiritual development and their interaction with electronic media. Being Vice President of the Australian Council on Children and the Media involves him in community education and children's advocacy.

Donna Broadhurst is a counsellor who focuses on working with children and families, and specialises in using Child Centred Play Therapy. She currently runs a private practice and works with Child and Adolescent Mental Health Services in Mt Barker and Murray Bridge.

Vina Hotich is a child and adolescent counsellor with over 20 years experience working with children, teens and families in a therapeutic capacity. She has 2 adult children, and has explored yoga, meditation and other personal growth modalities.

Dr Mary Hood has worked with children and families in various agencies in South Australia and is now in private practice. She has been involved in introducing the Circle of Security Model to Australia from the beginning, so she is perfectly placed to outline the model and answer your questions.

Peter Hill is a nutritionist and psychotherapist who enjoys helping people rediscover their love of food and cooking. He incorporates an understanding of human behaviour and childhood development as he promotes a creative relationship with food and secure attachment with our children.

Dr Debbie James works with families to promote children's talking which is a critical platform for children's social, emotional and academic development. Debbie has worked in government, non-government and university sectors and currently works as a clinical speech pathologist.



Effective Living Centre

What is the Effective Living Centre?

The Effective Living Centre is a not for profit organisation run primarily by volunteers. It provides facilities and programs for people who want to share, broaden and develop their own vision and passion for life. Programs are grouped around the area of relationships including;

positive parenting social justice
sacred & creative progressive Christianity
recreational activities

All our programs and events are offered in a conscious spirit of hospitality, inclusion and respect.

The Effective Living Centre is a community engagement and development project of Christ Church Uniting, Wayville, and is a progressive and evolutionary resource centre.

A primary vision is to contribute positively to the whole community. It is open and available to people of any social, political or religious belief who share our values of :

Respect Compassion Inclusion Fairness
Integrity Community



Would you like to contribute or become a Friend?

There are many ways that you can contribute to the Effective Living Centre. We invite you to consider becoming a Friend, or maybe a volunteer. Some of our volunteers work on the task groups, some host seminars, others like to contribute half a day in our office. Alternatively you may have some ideas for seminar topics that you may like to suggest.

To receive our tri-annual newsletter (either electronically or by Australia Post) please contact us and let us know your details.

Our office is open Tuesdays, Wednesdays and Fridays from 10am to 3pm. We are more than happy to have you drop in, call or send us an email.

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www.effectiveliving.org



Effective Living Centre

Positive Parenting Seminars 2014



All sessions are conducted by
Professional Parent Educators



26 King William Road

Wayville SA 5034

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Term 1

Tips for Children's Healthy Media Use

Wednesday 26 February 7:30 - 9:30pm
Presenter - Dr Glenn Cupit

Rather than just identifying the advantages and issues of contemporary electronic media in children's lives, Glenn will suggest strategies adults can use to optimise children's use of electronic media and minimise adverse outcomes.

Talk so Kids will Listen & Listen so Kids will Talk

Wednesday 26 March 7:30 - 9:30pm
Presenter - Donna Broadhurst

This session aims to help parents discover new ways of effectively communicating with their children so that misunderstanding and conflict are dealt with constructively.

Introduction to 'Circle of Security'

Wednesday 2 April 7:30 - 9:30pm
Presenter - Dr Mary Hood

The Circle of Security Model draws together Attachment Theory concepts about building security, independence and emotional connection in children into a usable "map" for parents / carers to use. This seminar gives an overview of the model, which may be explored further in a separate 8 week course.

Term 2

Understanding your Child's Temperament

Wednesday 14 May 7:30 - 9:30pm
Presenter - Donna Broadhurst

Understanding a child's temperament is needed to develop effective parenting strategies for each child. Donna will give some practical ideas for relating to your spirited or sensitive child's particular needs to help them flourish.

Managing Anger in Children

Wednesday 4 June 7:30 - 9:30pm
Presenter - Donna Broadhurst

It's not easy living with our own emotions, let alone our child's ups and downs. Yet parents can help their children to safely express their feelings and manage strong emotions. It is a gift that will serve them well for a lifetime.

Helping Teens through Adolescent Emotions

Wednesday 25 June 7:30 - 9:30pm
Presenter - Vina Hotich

Transitioning from childhood through teenager years to adulthood can be a tumultuous journey for all involved. This seminar aims to help parents identify ways to enable teenagers to express their stress, anger and other strong emotions effectively and respectfully.

Term 3

First Aid - 2Care4 Children

Wednesday 30 July 7:30 - 9:30pm
Presenter - St John Ambulance Australia

This St John Ambulance interactive non accredited training course looks at caring for 2 - 8year old children and will cover 4 key topics of medical emergencies, accidents, poisons and education.

Help Teens Navigate Sex & Drugs & Alcohol

Wednesday 13 August 7:30 - 9:30pm
Presenter - Vina Hotich

Gain some insights on how to empower your teenager to navigate the exciting yet volatile world, enabling them to make sensible decisions for themselves and their peers.

Blended Families - Survive & Succeed

Wednesday 27 August 7:30 - 9:30pm
Presenter - Vina Hotich

Combining families has lots of potential for both good and challenging times. Vina offers core strategies to keep focused on what is working, and to identify where new tactics could help.

Fun not Fuss with Food

Wednesday 17 September 7:30 - 9:30pm
Presenter - Peter Hill

Peter looks at steps to change behaviour, and provides strategies that cue into natural developmental changes in children, supporting their growing independence and curiosity.

Term 4

Talking to Babies - How and How Often

Wednesday 29 October 7:30 - 9:30pm
Presenter - Dr Debbie James

To babble or not to babble. Debbie will discuss how and how often you could talk with your baby. Learn to recognise different opportunities of chatting with your baby, and about the benefits to be gained.

First Aid - 2Care4 Infants

Wednesday 12 November 7:30 - 9:30pm
Presenter - St John Ambulance Australia

Our second practical St John Ambulance non accredited training course looks at care for babies 0 - 24 months old and covers high temperatures, choking, drowning and respiratory distress.

Cost for sessions (excl first aid): \$15 adult \$10 concession \$20 per couple **Cost for First Aid :** \$25 adult \$20 concession

Bookings are essential: www.effectiveliving.org email office@effectiveliving.org Ph 8271 0329 Tue Wed Fri 10am -3pm