Why is Step Parenting such a challenge? What does it take to ensure your blended family is thriving?

The **Successful Step Parenting and Blended Families Workshop** aims to support parents to manage the many challenges that affect blended families. Blended or step-families are more common than ever and come in all shapes and sizes. Complicated schedules, parenting styles, sibling conflicts, and issues with ex-partners can make for a stressful life. But if you can overcome the hurdles, a blended family can also be highly rewarding for both parents and children.

Over four weekly sessions, facilitated by an experienced family relationship practitioner, this interactive group program will help you build skills and strategies to parent the children in your blended family effectively and positively, building healthy and lasting relationships.

Topics include:

- Understanding children's response to separation and divorce
- Understanding your own response to another person's child
- Roles of the natural parent and step-parent
- Effective parenting strategies, setting boundaries, limits and guidelines
- Communication with children and with co-parents
- How to bond with stepchildren
- Dealing with conflict
- Providing a nurturing home environment

Investing a few hours now, will create a valuable roadmap for navigating those challenging parenting situations.

Best suited to:

Couples preparing to blend families, or having been together for many years, with one or both of you bringing children from previous relationships.

When:

The workshop runs across four Thursday evenings.

Thursday 1st March 2018 7pm to 9pm
Thursday 8th March 2018 7pm to 9pm
Thursday 15th March 2018 7pm to 9pm
Thursday 22nd March 2018 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

$240 per person ($215 concession)
$390 per couple ($350 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email **heartlinks@familylife.com.au** or call **(03) 8599 5488**

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