



## 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.

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:

Saturday 19th May 2018 - 9.30am to 4.30pm

Morning tea, lunch and afternoon tea are provided.

### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

### Cost:

\$220 per person (\$200 concession)  
\$380 per couple (\$350 concession)

## Bookings and more information:

To book or for more info, visit us at [heartlinks.com.au](http://heartlinks.com.au)  
Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488