

FOR FOLLOWING COURSES : Fee: \$30 Time: 6.30-9.00pm

BRINGING UP GREAT KIDS

This is a 5 week course for parents who want to understand and enhance their relationships with their children.

This program aims to support parents and carers to:

- Learn more about the origins of their own parenting style and how it can be more effective.
- Develop attentive communication skills so a parent can identify the important messages they want to convey to their children.
- Understand the underlying messages in children's behaviour
- Discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be
- Learn about the importance of building self-esteem in children
- Develop strategies to manage parenting in consideration of the increasing pressures they face.

Fee: \$60 per person,
Time: 6.30pm-9.00pm

West Leederville – Level 1, 22 Southport Street
Monday 5 12 19 26 Aug 2 Sep

SUCCESSFUL SINGLE PARENTING

If you are a single parent and are through that initial break-up stage this course will provide strategies that will help you develop a close and special relationship with your child. Parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges.

Fee: \$30 per person
Time: 6.30pm- 9.00pm

West Leederville – Level 1, 22 Southport Street
Wednesday 24 July
Monday 11 November

DADS RAISING GIRLS (up to 12 years)

Tuesday 20 August–West Leederville
Monday 25 November–West Leederville

MUMS RAISING BOYS (up to 12 years)

Monday 9 September–West Leederville
Monday 28 October–West Leederville.

DADS RAISING BOYS (up to 12 years)

Tuesday 27 August –West Leederville
Tuesday 29 October–Midland
Tuesday 3 December–West Leederville

MUMS RAISING TEENAGE GIRLS

Monday 16 September–West Leederville

DADS RAISING TEENAGE GIRLS

Wednesday 13 November–Joondalup

MUMS RAISING TEENAGE BOYS

Monday 29 July–West Leederville
Monday 21 October–West Leederville

DADS RAISING TEENAGE BOYS

Tuesday 22 October–West Leederville

BOOKINGS & PAYMENT ESSENTIAL

For further information please call
Relationships Australia **6164 0200**

Helping you become a more effective parent

- Parent-Child Connection
- Parent-Teen Connection
- Building Stronger Families
- All About Anger
- Emotion Coaching Your Child
- Parenting After Separation
- How to Develop Qualities in Our Children
- Rock and Water Program
- Bringing Up Great Kids
- Successful Single Parenting

PARENT - CHILD CONNECTION

Parenting doesn't come with a guide book but we do know what helps to create a strong parent-child connection: security, warmth and positive attention, good communication plus boundaries and fair rules. This practical course will help you understand your child's development and behaviour whilst giving you some tools so you can parent with confidence.

Fee: \$50 per person, \$75 per couple
Time: 6.30pm-9.00pm

West Leederville – Level 1, 22 Southport Street
Tuesday 3 10 17 24 September

PARENT-TEEN CONNECTION

We know adolescence can be a time of turmoil and change. This course provides parents with a guide on how to understand teen behavior and some skills to assist you communicate, negotiate and minimise conflict.

Fee: \$50 per person, \$75 per couple

West Leederville – Level 1, 22 Southport Street
Saturday 7 September
9.30am-4.30pm

or

Monday 11 18 25 November 2 December
Time: 6.30pm-9.00pm

BUILDING STRONGER FAMILIES

Building and nurturing families can seem a daunting task but it is not mission impossible! This 6 week course is for adults and their children over 10 years – inclusion is the key! Parents and children will learn about cooperation, relating respectfully and solving problems.

Fee: \$80 per one parent family, \$120 per couple/family
Time: 6.30pm-8.30pm

West Leederville – Level 1, 22 Southport Street
Thursday 24 31 October 7 14 21 28 November

ALL ABOUT ANGER - For Parents and Teens

This workshop aims to assist parents and teens to gain a deeper understanding of the ways we create and maintain angry feelings within our family. Develop language and skills to help family members respond to their own and other's anger in a constructive and positive way.

Fee: \$50 per family
Time: 9.30am-12.30pm

West Leederville – Level 1, 22 Southport Street
Saturday 9 November

HOW TO DEVELOP QUALITIES IN OUR CHILDREN

Children are born with potential. Their natural qualities can develop into positive or negative traits depending on how they are educated in the early years. Character develops as children learn to make responsible, moral choices with self-esteem being a natural outcome.

Parents are the child's first and most important educators, yet often they receive little or no training in what to do or how to do it.

Some of the topics discussed in this one day workshop are:

- Using the virtues language to acknowledge as well as to correct

- How to recognise the opportunity of teachable moments in the way we speak and the words we use
- Setting clear boundaries
- How to assist our children to manage emotions and to express them appropriately
- Supporting children in making moral decisions.

Fee: \$60 per person,
Time: 9.30am-4.30pm

West Leederville – Level 1, 22 Southport Street
Saturday 21 September
Saturday 23 November

ROCK and WATER PROGRAM

The "Rock and Water" program for the family is facilitated by an accredited Rock and Water trainer. The program leads from simple self-defense, boundary and communication exercises to a strong notion of self confidence.

We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst leaning new skills to strengthen family ties. Attendance is one adult/one child.

Fee: \$70 per pair
Time: 8.30am-12.30pm

West Leederville – Level 1, 22 Southport Street
Saturday 14 September
Saturday 7 December

EMOTION COACHING YOUR CHILD

After many decades of research it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This session explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Fee: \$30 per person
Time: 6.30pm-9.00pm

West Leederville – Level 1, 22 Southport Street
Tuesday 30 July
Wednesday 16 October

Midland-27 The Crescent
Tuesday 10 September

PARENTING AFTER SEPARATION From Conflict to Cooperation

Research shows that after parents separate children need a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

Fee: \$30 per person
Time: 6.30pm-9.00pm

West Leederville – Level 1, 22 Southport Street
Wednesday 31 July
Monday 9 December