



Developing Partnerships in Community Parent Workshops

The Western Adelaide Shores Partnerships in Community Portfolio has organised a series of **parent workshops** which will be run through terms 2 and 3 2016. Each workshop will focus on a different topic. These topics were selected through a Western Adelaide Shores parent survey.

The workshops will be presented by Donna Broadhurst. Donna works in private practice as a counselling therapist and with DECD as a Family Support Coordinator in an early childhood and school setting. She has worked as a mental health clinician with CAMHS and as a member of the teaching team in UniSA's early childhood degree program. She is also an experienced workshop presenter.

You may choose to attend one or more session. Grandparents/family friends/caregivers are also welcome. Please note we are unable to offer crèche facilities for children. Refreshments will be provided by the host preschool.

Session 1: Helping children manage anger- Tuesday 17 May (see below for details)

Session 2: Listen so kids will talk, talk so kids will listen- Wednesday 22 June

Session 3: Setting limits on children's behaviour – working with relationships- Thursday 4 August

Session 4: Understanding your child's temperament- Monday 29 August

The first session will be held at

Elizabeth O'Grady Kindergarten

6 Charles Sturt Avenue Grange

A précis of the first workshop:

Meltdowns, tantrums, rage - the big feelings that we find so hard to help children manage. In this workshop we will take a new look at anger, what brings it on, how to help children with anger and how to deal with those situations where it erupts. Donna Broadhurst will share some tips and tricks to help kids with those big feelings that make life difficult for children and parents. Come along and be prepared to take a new look at anger.

As there are a limited number of places available per workshop please register your interest for the **first session** by clicking on the link below

<https://www.eventbrite.com.au/e/parent-workshop-tickets-25192125325>