**Growing up kids safe and strong in family and culture**

Tauondi Aboriginal College will be delivering a number of workshops in partnership with the Department of Human Services.

These workshops are free to Aboriginal people interested in learning and knowledge around supporting families to raise children and young people to be safe and strong in culture. These interactive workshops will provide you with skills that will focus on family, social, emotional wellbeing and practical living skills to support family life.

Opportunities to explore pathways to further training and employment will be offered.

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| **DATE** | **TIME** | **WORKSHOPS** |
| Tuesday, 29 March 2022 | 9.30 am - 12.30 pm | Strong Families |
| Tuesday, 5 April 2022 | 9.30 am - 12.00 pm | Raising Strong Children |
| Tuesday, 3 May 2022 | 9.30 am – 12.30 pm | e-Safety Skills |
| Tuesday, 10 May 2022 | 9.30 am – 12.30 pm | Children & Teenager’s Wellbeing |
| Tuesday, 17 May 2022 | 9.30 am – 12.30 pm | Home Maintenance  Practical Living Skills  SA Dental Service |
| Tuesday, 24 May 2022 | 9.30 am – 12.30 pm | Engaging in Children’s Education |
| Tuesday, 31 May 2022 | 9.30 am – 12.30 pm | Kids & Culture |
| Tuesday, 7 June 2022 | 9.30 am – 12.30 pm | Training & Employment |

Timetable subject to change

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| **Location:** | Tauondi Aboriginal College | **Contact:** |
|  | 1 Lipson Street | Cheryl Cairns |
|  | PORT ADELAIDE | Ph: 8240 0300 |
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**GROWING UP KIDS SAFE AND STRONG IN FAMILY**

**AND CULTURE**

Below is an outline of workshops which are free and open to diverse Aboriginal people, as well as non-Aboriginal parents/carers of Aboriginal children, who are interested to learn and share knowledge and experience about supporting families to raise children and young people to be safe, strong in culture.

The Workshops offered are:

* ***Strong Families*** – explore what a strong, healthy and safe family is.
* ***Raising Strong Children*** – help children aim high and see all the possibilities for their future.
* ***e-Safety Skills*** – explores on-line safety, cyberbullying, digital reputation and helping children be safe and responsible with media like phones, social media and the internet.
* ***Children & Teenager’s Wellbeing*** – focuses on social and emotional wellbeing of children and teenagers and discusses the importance of maintaining a healthy lifestyle.
* ***Practical Living Skills*** – focuses on providing children/teenagers with housekeeping skills, daily routines and age-related living skills.
* ***Home Maintenance*** – provide parents and families with basic home maintenance skills and will explore cost saving ways to maintain your home using eco-friendly tips.
* ***Engaging in Children’s Education*** – provide parents with the skills to prepare children for school and working with Schools and Teachers.
* ***Kids & Culture*** – provides parents with the skills and attributes to educate their children on Aboriginal culture.
* **New Workshops** – please make recommendations

**For further information on the workshop OR to register for the workshop please contact**

**Cheryl Cairns on ph: (08) 8240 0300 or email: ccairns2@tauondi.sa.edu.au**