

PARENTING COURSES

West Leederville

September 2019

Parent-Child Connection x 4 Tue 3 – 24 Sep 6.30-9pm \$50pp/\$75pc

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

Parent-Teen Connection Sat 7 Sep 9.30am-4.30pm \$50pp/\$75pc

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour? There are plenty of things you can do to maintain a strong relationship and stay connected with your teen. This course will provide you with a practical 'how-to' guide to help you understand their behaviour and show you some skills to manage their behaviour effectively

Mums Raising Boys (up to 12) Mon 9 Sep 6.30-9pm \$30 p/person

Mothers, who are usually their son's primary female role model, play a vital part in developing their son's identity, including their ability to be nurturing. This session includes building confidence and competence in sons and setting boundaries.

Rock & Water Program (8-14) Sat 5 Oct 8.30am-12.30pm \$70 per pair

This program leads the child from simple self-defence, 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 learning new skills to strengthen family ties.

Mums Raising Teen Girls Mon 16 Sep 6.30-9pm \$30 p/person

As we know, the relationship between a mother and her daughter is very important. This workshop helps mothers to better understand their daughters and the challenges they go through during puberty and helps to better equip their daughters to be happy and strong individuals.

NEW *How to Develop Qualities in our Children*

Sat 21 Sep 9.30am-4.30pm \$60 p/person

All parents and those caring for children would like to see children display such qualities as kindness, truthfulness, fairness and respect. This one day workshop gives some strategies as to how you can assist children to develop and practice these qualities, and in turn, help create strong, values-based relationships. This workshop is based on the Virtues Project

Places are limited – please contact (08) 6164 0239 to register today

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia