

## WEST LEEDERVILLE

Level 1/22 Southport Street (corner Cambridge Street)

### Parenting Courses September 2017

<p><b>Understanding Stepfamily Relationships weekend</b> Stepfamilies can be a huge juggling act. This course held over a weekend addresses the complex needs and priorities of a blended family including parenting. <a href="#">Web link</a></p>	<p>DATE: 1 2 3 September DAY: Fri/Sat/Sun TIME: Fri 6.30-9pm/Sat 1-5.30pm/Sun 10am-1pm COST: \$75pp/\$120 couple</p>
<p><b>Mums Raising Boys - up to 12 years DAYTIME</b> 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. <a href="#">Web link</a></p>	<p>DATE: 7 September DAY: Thursday TIME: 10am - 12.30pm COST: \$30 per person</p>
<p><b>Dads Raising Boys</b> For a boy a close relationship with his father is like gold. A father is like an anchor for a son. A dad is one constant in life who models what they become as an adult. Boys whose dads are involved with them from a young age do better in lots of ways — academically, emotionally and socially. Well-fathered boys show the positive effects years later with an improved capacity for empathy and the health of their social relationships. <a href="#">Web link</a></p>	<p>DATE: 12 September DAY: Tuesday TIME: 6.30-9pm COST: \$30 per person</p>
<p><b>Rock and Water Program</b> Physical exercises are constantly linked with mental and social skills. This program leads from simple self-defence, boundary and communication exercises which will lead to a stronger notion of self-confidence. <b>Note: due to the nature of activities there is only room for one child per adult.</b> <a href="#">Web link</a></p>	<p>DATE: 16 September DAY: Saturday TIME: 8.30am - 12.30pm COST: \$70 adult/child pair</p>
<p><b>All About Anger - for Parents and Teens</b> This workshop for parents and teens has been designed to assist families when anger is an issue. Anger is explained in a way that challenges our labelling of 'an Angry Person' and instead aims to help participants to understand that many of us have simply learnt to manage the emotion of anger in unhelpful ways. The workshop includes some simple skills to help you respond more positively when anger shows up. <a href="#">Web link</a></p>	<p>DATE: 19 September DAY: Tuesday TIME: 6.30-9pm COST: \$50 per family</p>
<p><b>Successful Single Parenting</b> People become single parents through a range of life choices and circumstances. Single parenting alone is different in many ways compared to a two parent household and can have its difficulties and challenges. 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. <a href="#">Web link</a></p>	<p>DATE: 20 September DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person</p>
<p><b>Dads Raising Girls</b> Find out how you can build a rewarding father-daughter relationship. As the primary male role model in a girl's life, fathers play an important role in the development of their self-concept and self-esteem. This affects how they relate to others, particularly to boys and men. <a href="#">Web link</a></p>	<p>DATE: 20 September DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person</p>

**For further information and to enrol please phone 6164 0200**