

Parenting in March at West Leederville

2019

Parent-Teen Connection

Saturday 9 March \$50pp/\$75pc

We know that adolescence can be a time of turmoil and change – for both children and their parents. 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.

Bringing Up Great Kids NEW

Mondays 11 Mar to 8 Apr \$60pp

This five week course will help you develop strategies to manage your parenting approach despite the mounting pressures on your time and role. This is a reflective parenting program developed by the Australian Childhood Foundation.

Understanding Stepfamily Relationships

Saturday 16 March \$60pp/\$75pc

This one day workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. Learn some useful strategies around how to parent and maintain healthy relationships in this context.

Emotion Coaching Your Child

Tuesday, 19 March \$30pp

Every parent wants to do the best for their child. This means helping your child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

Mums Raising Boys

Tuesday 26 March \$30pp

Mums play a vital role 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 and Water

Saturday 30 March \$70 per pair

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

Where: Level 1, 22 Southport Street, West Leederville To enrol: Please call (08) 6164 0200

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

Relationships Australia.