

## RELATIONSHIP EDUCATION PROGRAMS

### Parenting Courses – April 2017

<b>WEST LEEDERVILLE</b>	
<b>Rock &amp; Water Program</b> This program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. We encourage parents/children to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthening family ties. <a href="#">Read more</a>	DATE: 1 April DAY: Saturday TIME: 8.30am-12.30pm COST: \$70 child/parent pair
<b>Mums Raising Boys</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="#">Read more</a>	DATE: 3 April DAY: Monday TIME: 6.30-9pm COST: \$30 per person
<b>Emotional Coaching</b> This seminar explores the most helpful way of responding to a child to help them to learn how to regulate their own emotions. <a href="#">Read more</a>	DATE: 4 April DAY: Tuesday TIME: 6.30-9pm COST: \$30 per person
<b>All About Anger</b> This workshop for parents and teens has been designed to assist families when anger is an issue. The workshop includes some simple skills to help you respond more positively when anger shows up. <a href="#">Read more</a>	DATE: 5 April DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Fathering after Separation</b> This seminar, held in a male-friendly environment, suggests helpful ways to keep in touch with your child, build skills and to recognise strengths and challenges and to distinguish between their parenting role and the break-up. <a href="#">Read more</a>	DATE: 10 April DAY: Monday TIME: 6.30-9pm COST: \$30 per person
<b>Mums Raising Teenage Girls</b> As we know, the relationship between a mother and her daughter is very important. This seminar 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. <a href="#">Read more</a>	DATE: 26 April DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Dads Raising Girls</b> Find out how to build a rewarding father-daughter relationship. <a href="#">Read more</a>	DATE: 26 April DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>JOONDALUP</b>	
<b>Successful Single Parenting</b> 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="#">Read more</a>	DATE: 29 March DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>Intro to Stepfamilies</b> This workshop is based on research that highlights some of the more helpful ways of forming and living in your new family. <a href="#">Read more</a>	DATE: 26 April DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person
<b>FREMANTLE</b>	
<b>Dads Raising Teenage Boys</b> This workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future. <a href="#">Read more</a>	DATE: 5 April DAY: Wednesday TIME: 6.30-9pm COST: \$30 per person

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