

May - July 2018

For enquiries and bookings please phone Ann on 9263 2121 or email

education@anglicarewa.org.au

Bookings are essential

Life Can Be Tough – Bend Don't Break

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours. But what does resilience look like? It is definitely **not** a matter of being tough in every circumstance no matter what life throws at you; and it is **not** a fixed trait which a lucky few inherit. This seminar will give you the opportunity to explore how resilience contributes to your health and wellbeing as well as some practical ways to enhance your resilience throughout your life.

Monday 14th May

6.15 – 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$18.50pp

Tuesday 24th July

6.00 - 8.00pm

Community Lottery House
Cnr Dorothy St / Albany Highway
GOSNELLS

\$18.50pp

Couple Communication

Effective communication is the cornerstone of healthy relationships. Becoming aware of the modes and patterns of communication you and your partner use in your everyday interactions can minimize potential misunderstandings.

Tuesday 22nd May

6.00 - 8.00pm

Community Lottery House
Cnr Dorothy St / Albany Highway
GOSNELLS

\$18.50pp

Conflict Resolution for Couples

Conflict – what is it good for? Actually, if managed with each other's well-being and a thriving relationship in mind, conflict can be a source of growth and not the destructive force it can become if left unresolved.

Wednesday 23rd May

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$18.50pp

Raising Emotionally Resilient Children

Would you like your children to be resilient and know how to manage difficulties in life? This two hour seminar can show you how to improve your child's emotional intelligence to increase their resilience, concentration, friendships and even help them through difficult times such as divorce or grief and loss.

Wednesday 30th May

6.15 – 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$18.50pp

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123 Magic for Families with Children Under 12

123 Magic is a popular international parenting program that is easy to learn and very effective. Parents will learn;

- how to stop kids doing what you don't want them to do e.g. tantrums, whining;
- how to get your kids to start doing what you want them to do e.g. chores, going to bed;
- ways to strengthen your relationship with your kids.

Wednesday 6th, 13th 20th June

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$65.00pp includes workbook

Positive Ageing

Living according to our values throughout the lifespan.

Positive ageing is a term used to describe the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age.

(Australian Psychological Society website)

Tuesday 19th June

6.00 - 8.00pm

Community Lottery House
Cnr Dorothy St / Albany Highway
GOSNELLS

\$18.50pp

Five Languages of Appreciation

Showing – and receiving – appreciation helps create a more positive environment. This seminar based on the book by Gary Chapman and Paul White explores how to convey authentic appreciation to our friends, co-workers or employees.

Tuesday 10th July

6.00 - 8.00pm

Community Lottery House
Cnr Dorothy St / Albany Highway
GOSNELLS

\$18.50pp

Challenging The Fury Within

We may not always be able to control what happens to us but we can learn to regulate our responses to setbacks. This seminar will explore some skills to address distressing angry emotions which can put our health and relationships at risk.

Wednesday 18th July

6.15 – 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$18.50pp

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****NEW****

Parenting from the Same Page

You're a couple with a child... or children... but each of you may have different experiences and expectations about parenting. This seminar will provide some time to consider how you can support each other as a parent and enrich the relationships in your family.

Wednesday 25th July

6.15 – 8.30pm

Geoffrey Sambell Centre

23 Adelaide Terrace

EAST PERTH

\$18.50pp