

ALL THINGS PARENTING

West Leederville/Midland/Joondalup

November 2019

All About Anger for Parents & Teens Sat 9 Nov 6.30-9pm \$50 p/family

This workshop, for both parents and their teens, has been designed to assist families when anger is becoming troublesome. Gain a deeper understanding of the ways we create and maintain angry feelings within our family, and develop language and skills which will help family members respond to their own and other's anger in a more constructive and positive way.

Dads Raising Teenage Girls - JOONDALUP

Wed 13 Nov 6.30-9.00pm \$30 p/person

This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Parent-Teen Connection x 4 Mon 18 Nov-9 Dec 6.30-9pm \$50 p/person

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.

Successful Single Parenting Mon 18 Nov 6.30-9pm \$30 p/person

If you are a single parent and are well through that initial relationship break-up stage, this course will provide strategies that will help you develop a close and special relationship with your child.

Fathering After Separation - MIDLAND

Tues 19 Nov 6.30-9pm \$30 p/person

This workshop help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation, and to assist you find helpful ways to stay in contact with your children.

How to Develop Qualities in your children

Sat 23 Nov 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 workshop offers strategies to develop these qualities and is based on the Virtues Project.

Dads Raising Girls Mon 25 Nov 6.30-9pm \$30 p/person

Find out how to build a rewarding father-daughter relationship and how it impacts their self-concept and self-esteem.

Understanding Stepfamily Relationships

Sat 30 Nov 9.30am-4.30pm \$60person/\$100couple

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

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.