

PARENTING COURSES

Term 3 2020

West Leederville Branch

Parent Teen Connection Sat 22 & 29 Aug 9.30-1pm \$50 pp/\$75 couple

We know that adolescence can be a time of turmoil and change – for both children and their parents. There are plenty of things you can do to maintain a strong relationship and stay connected with your teen. This 2 week course will provide you with a practical 'how-to' guide to help you understand their behaviour and offer you some skills to manage their behaviour effectively.

Parent Child Connection Mon 31 Aug-21 Sep 6.30-9pm \$50 pp/\$75 couple

Parenting doesn't come with a guidebook but we do know what helps create a strong parent-child connection – security, warmth, positive attention and good communication, plus boundaries and fair rules. This practical 4 week course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

Understanding Stepfamily Relationships Sat 5 Sep 9.30-4.30pm \$100 couple

Stepfamilies present a whole array of challenges that are different to those found in a biological family. It is a huge juggling act! 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.

Partners to Parents Mon 21 Sep 6.30-9pm \$45 couple

This one night session will assist couples move from being a couple to becoming parents. There are many joys and delights in becoming new parents and also many challenges. Managing the transition well and preparing your relationship for the change will help you build your strengths as a couple and help you manage all that lies ahead of you.

Dads Raising Boys Tue 22 Sep 6.30-9pm \$30 person

For a boy, a close relationship with his father is like gold. A father can be an anchor for a son. A Dad models behaviours that shape who they become as an adult. This workshop for Dads will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Mums Raising Boys Thu 24 Sep 6.30-9pm \$30 person

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. This session includes building confidence and competence in sons and setting boundaries.

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