

Online Parenting Workshops & Courses

Term 3 2020

Supporting Your Anxious Child

Monday 10 August

9.30am-12noon

Are you concerned that your child seems overly anxious? Do they often complain of stomach pains or feeling sick? Do they often seem irritable, regularly having emotional outbursts? They may be experiencing anxiety. This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child.

Fathering after Separation

Thursday 13 August

6.30pm-9pm

It's important for fathers to distinguish between their parenting role and the relationship break-up. This workshop, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation.

Mums Raising Teen Girls

Tuesday 18 August

6.30pm-9pm

The passage from girl to young woman can be challenging, not only for her, but also for you as her mother. The aim of this interactive session is to help you stay connected with your teenage daughter while recognising the reality of her world.

Bringing up Great Kids

Thurs 20 Aug-17 Sept

9.30am-12noon

A loving, safe relationship with a parent is the best relationship a child can have. This course is for parents and carers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting. We will also help you identify the important messages you want to pass onto your child and how to do this. This is an inter-active 5 week course which will support you to:

- Reflect on the origins of your parenting style and how it can be more effective
- Learn about your children's developing brain and understand how to meet their growing needs
- Examine the messages you pass on to your children through your behaviour and reactions
- Understand the underlying messages in children's behaviour and how to respond helpfully
- Overcome some of the obstacles getting in the way of being the kind of parent you would like to be.

Workshop Cost: \$30 per person

Please phone 6164 0200 to enrol.

Bookings, registrations and payment prior to the session are required

Online sessions are interactive and the minimum requirement to attend will be a Computer/Laptop/Tablet with webcam and microphone (smart phones are not suitable).

Times are Western Standard Time WST

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

Relationships Australia.