

PARENTING COURSES

March 2020

West Leederville Branch

Dads Raising Boys

Tue 3 Mar

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 sons' self-esteem, healthy identity and resilience as well as managing challenging behaviours.

Parent Teen Connection

Tue 10 – 31 Mar

6.30-9pm

\$50pp/\$75 pc

Are you going through difficult times with your teenage child? Struggling to understand their moods and behaviour? 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 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.

Understanding Stepfamily Relationships

Sat 21 Mar 9.30-4.30

\$30/person

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.

How to Develop Qualities in our Children

Sat 28 Mar

6.30-9pm

\$30pp

All parents and those caring for children would like to see children display such qualities as kindness, truthfulness, fairness and respect. Come to this one-day workshop and learn the strategies you need to develop these qualities in our children. This workshop is based on the Virtues Project.

Mums Raising Teen Girls

Mon 30 Mar

6.30-9pm

\$30/person

As we know, the relationship between a mother and her daughter is very important. This workshop 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.

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.