

## Relationship Education

Register now

1300 11 44 46 or [info@anglicarewa.org.au](mailto:info@anglicarewa.org.au)



## July to November 2019 Workshops

### 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.

When: Tuesday 30 July 2019, 6:15-8:30pm

Where: Sanori House, 126 Grand Boulevard Joondalup

Cost: \$20 per person

### \*NEW\* Protective Behaviours for Parents

Do you feel empowered to teach your child how to keep themselves safe? In this workshop, we will provide you with knowledge and safety skills to empower your child in a fun, child-friendly way.

Whilst Protective Behaviours is primarily a sexual abuse prevention program it also teaches children valuable life skills to prevent abuse, increase safety, and reduce violence. The program teaches and promotes concepts of emotional intelligence, empowerment, assertiveness, problem-solving and an understanding in safety.

When: Monday 5 August 2019, 10am-12noon

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

When: Wednesday 23 October 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

### Languages of Love and Children

Gary Chapman, author of 'Five Love Languages for Children', says "Loving our children isn't always enough. Learning to speak their love language communicates your love in ways they'll understand right from the beginning". This seminar will provide you with insight into your child's own love language.

When: Wednesday 7 August 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

### 123 Magic for Families with Children Under 12

123 Magic is a popular international parenting three day 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.
- And much more

When: Monday 12, 19 & 26 August 2019, 10am-12noon

Where: Sanori House, 126 Grand Boulevard Joondalup

Cost: \$70 per person includes workbook

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### Brain Architecture

Since 2009, more than 12,000 people in groups around the world have played the Brain Architecture Game, gaining an interesting perspective on the lifelong impact of early childhood experiences.

The Brain Architecture Game is a tabletop game experience that builds understanding of the powerful role of relationships and experiences on early brain development – what promotes it, what derails it, with what consequences for individuals, families and communities.

When: Tuesday 13 August 2019, 6:15-8:30pm

Where: Sanori House, 126 Grand Boulevard Joondalup

Cost: \$20 per person

### Mindfulness

Mindfulness allows us to address difficulties in a calm and creative way. Instead of acting from a place of habitual patterns we are able to respond to difficulties as opposed to reacting to them. Mindfulness enables us to be more present in situations where automatic pilot often prevails. How many times have you driven to a familiar destination and then realised you couldn't remember the journey?

When: Wednesday 14 August 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

### Life Can Be Tough - Bend don't Break

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviors. 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.

When: Wednesday 28 August 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

### Family Fusion – Making Stepfamilies Work

Stepfamilies face unique challenges which are not always recognized and different strategies are often needed to meet family needs. Participants will share experiences and add to their skills to make their stepfamily even stronger.

Topics include:

- 📍 influences from the past
- 📍 living with someone else's children
- 📍 new roles/ strengthening the couple relationship

When: Wednesday 11, 18 & 25 September 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$90 per couple

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### Bringing Up Great Kids

Join us for an interactive four week program to take some time out to reflect on the very important job of parenting. This fun, relaxed approach is a great opportunity to spend time with other parents and discover practical ways to:

- ♥ build strong, positive relationships within your family
- ♥ support your child's brain development and social emotional well being
- ♥ listen, and respond, to messages from your child
- ♥ encourage resilience

Parents, step-parents, adoptive parents, foster carers and grandparents – in fact anyone involved in raising children – can all benefit from this strengths based approach developed by The Australian Childhood Foundation.

When: Friday 18 & 25 October and 1 & 8 November 2019, 12:45-2:45pm

Where: Sanori House, 126 Grand Boulevard Joondalup

Cost: \$40 per person

### Father and Sons

Fathering is the best thing you are ever likely to do – for your own satisfaction and joy, and for its effect on the future of other human beings. And it's good fun!

When: Tuesday 5 November 2019, 6:15 – 8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person

### 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.

When: Tuesday 12 November 2019, 6:15-8:30pm

Where: Geoffrey Sambell Centre, 23 Adelaide Terrace East Perth

Cost: \$20 per person