

# All things Parenting

June 2019

## WEST LEEDERVILLE BRANCH

**Parent Child Connection** Tues 4-25 Jun 6.30-9pm \$50pp/\$75 couple

This practical 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.

**Partners to Parents** Mon 10 Jun 6.30-9pm \$30 per person

This one night session will assist couples move from being a couple to becoming parents.

**Rock and Water Program** Sat 15 June 8.30am - 12.30pm \$70 per pair

This program leads from simple self-defence, boundary and communication exercises to facilitate a strong notion of self-confidence. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties.

*(Due to the nature of activities there is room for only one child/adolescent per adult.)*

**Dads Raising Teenage Girls** Mon 17 Jun 6.30-9pm \$30 per person

For teenage girls, a father's support and love are extremely important. 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.

## FREMANTLE BRANCH

**Dads Raising Boys** Wed 5 Jun 6.30 - 9pm \$30 per person

This workshop will assist in building their son's self-esteem, healthy identity and resilience as well as managing challenging behaviours.

**Emotion Coaching your Child** Wed 19 Jun 6.30-9pm \$30 per person

After many decades of research it has been found that one of the most useful skills and awareness a parent can give is emotional intelligence. This means helping their child to recognise what they are feeling and why. We explore the most helpful way of responding to a child to help them to learn how to regulate their own emotions.

## MIDLAND BRANCH

**Mums Raising Teenage Girls** Tues 25 Jun 6.30-9pm \$30 per 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](http://www.relationshipswa.org.au)

Relationships Australia