

October - December 2016

For enquiries and bookings please phone Ann on 9263 2121 or email

education@anglicarewa.org.au

Bookings are essential

123 Magic for Families with Children under 12

123 Magic is a popular international parenting 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.

Monday 24th, 31st October & 7th November

6.15 – 8.30pm

Sanori House

126 Grand Boulevard, JOONDALUP

Wednesday 16th, 23rd, 30th November

6.15 – 8.30pm

Sambell Centre

23 Adelaide Terrace EAST PERTH

\$65.00 pp includes workbook

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.

Tuesday 18th October

5.30-7.30pm

Community Lottery House

Cnr Dorothy St / Albany Hwy, GOSNELLS

Life can be Tough - Bend Don't Break

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours. 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 as well as some practical ways to enhance your resilience throughout your life.

Wednesday 19th October

6.15 – 8.30pm

St Nicholas Centre

14 Council Avenue, ROCKINGHAM

\$27.50 / \$18.50 per person

Conflict Resolution

Conflict is inevitable in all relationships at times. This seminar gives participants an understanding of conflict while exploring creative strategies for managing it so that relationships are strengthened

Wednesday 2nd November

6.15 – 8.30pm

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Step Families

Share experiences and add to your skills to make your stepfamily even stronger. Stepfamilies face unique challenges which are not always recognized and different strategies are often needed to meet family needs. Topics include: influences from the past; living with someone else's children; the discipline challenge; new roles and strengthening the couple relationship.

Mon 14th, 21st, 28th November

6.15 - 8.30pm

3 Consecutive weeks

Sambell Centre

23 Adelaide Terrace, EAST PERTH

\$100 / \$65.00 per couple

Text book \$15.00 pp

**** NEW** Five Languages of Appreciation**

Showing – and receiving – appreciation helps create a more positive environment. This seminar based on the book by Gary Chapman and Paul White explores how to convey authentic appreciation to our friends, co-workers or employees.

Tuesday 15th November

5.30-7.30pm

Community Lottery House

Cnr Dorothy St / Albany Hwy, GOSNELLS

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.

Mon 5th December

6.15 - 8.30pm

Sambell Centre

23 Adelaide Terrace, EAST PERTH

\$27.50 / \$18.50 per person