

# Family and Relationship Services

Workshops for parents and carers

## Term One 2018:

### 1. Boys & Adolescence:

For parents & carers of children aged 8-17 years.

Parenting adolescent boys can be a challenging experience. It is a time of social and emotional changes for them, and for parents who must re-learn how to parent an adolescent boy. Some parents can find it tempting to relax boundaries and let their son have the freedom and independence they demand. This introductory course aims to provide parents an understanding of the challenge of adolescence boys, and effective strategies to assist in supporting both parent and son.

<b>Facilitator:</b>	Penny Spicer	<b>Dates:</b>	Thursday 15 Feb	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Willetton Youth Centre 67 Pinetree Gully Rd, Willetton	<b>Time:</b>	6.30pm-9.00pm	<b>Bookings:</b>	9251 5745 parenting@communicare.org.au

### 2. Love Languages of Children:

For parents & carers of children aged 0-12 years.

Each child expresses and receives love through one of 5 different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection. Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

<b>Facilitator:</b>	Zoe Hughes	<b>Dates:</b>	Monday 5 February	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Ruth Faulkner Library, Cloverdale	<b>Time:</b>	10.00am-10.45am	<b>Bookings:</b>	Bookings through Ruth Faulkner Library -9477 7150

### 3. 1-2-3 Magic & Emotion Coaching:

For parents & carers of children aged 3-10 years.

In this 3 session course parents and caregivers will be taught practical skills on :

- Effective boundary setting
- Strategies to promote positive behaviour in children
- How to manage and teach emotion and emotion management to children

<b>Facilitator:</b>	TBC	<b>Dates:</b>	TBC (3 sessions)	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Bull Creek Community Centre, cnr of Hassell Cr and Leichhardt St	<b>Time:</b>	9.30am – 11.30am	<b>Bookings:</b>	9251 5745  parenting@communicare.org.au

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**A** 28 Cecil Ave, Cannington, 6107  
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## 4. Understanding Anxiety & Depression in Youth:

For parents & carers of children aged 8-17 years.

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

<b>Facilitator:</b>	Casey Keeley	<b>Dates:</b>	Thursday 12 April	<b>Crèche:</b>	No Crèche available
<b>Venue:</b>	Don Russell Theatre, Lot 13 Murdoch Rd, Thornlie WA 6108	<b>Time:</b>	6.30pm-8.00pm	<b>Bookings:</b>	9251 5745  parenting@communicare.org.au

**Bookings are essential to secure a place, and all workshops are free of charge.**

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