## Term Four - October to December 2013

### Bringing Up Great Kids
For parents of children aged 0 – 18 years (4 sessions)

This program assists in building positive parent/child relationships. It helps make sense of unhelpful patterns of behaviour that may be impacting on your own parenting style and provides opportunity to reflect on the messages being sent.

Mon 28th October, 4th, 11th & 18th November
Brookman Primary School
34 Brookman Ave, Langford
9:30am—12:00noon
Facilitator: Penny Spicer & Danne Reynolds
Cost: $25 for 4 sessions

### Kids & Anxiety
For parents of children aged 3–12 years (2 sessions)

Anxiety is a normal part of children’s development. But it’s estimated that up to 22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. This workshop identifies behaviours that an anxious child may demonstrate and supports parents in developing strategies to assist their child.

Thurs 31st October & 7th November
Cannington Leisureplex
233 Sevenoaks St, Cannington
9:30am—12:00noon
Facilitator: Melva Marshall
Cost: $15 for 2 sessions

### How to Talk so Kids will Listen ...and Listen so Kids will Talk
For parents of children aged 3 – 15 years (2 sessions)

Effective communication is important in all relationships. This course offers supportive, friendly and effective ways to solve issues such as how to listen to - and understand - children’s concerns, and how to help children deal with feelings. Parents will also learn ways to have cooperation in their family by finding alternatives to punishment.

Wed 6th & 13th November
Mandurah Lotteries House
7 Anzac Pl, Mandurah
9:30am—12:00noon
Facilitator: Penny Spicer
Cost: $15 for 2 sessions

### About Boys
For parents of children aged 0 – 18 years (1 session)

At times it can be difficult to understand a boy’s behaviour and how to communicate with them. It can be tempting to back away from them, confused by changes we don’t understand. This introductory workshop aims to help you understand boys’ inner world, develop a channel of communication with them and enjoy them more.

Fri 15th November
Gowrie Leeming Family Centre
Cnr Aulberry Pde & Farrington Rd, Leeming
9:30am—12:00noon
Facilitator: Lynette Gillam
Cost: $10 for 1 session

### Exploring The Mighty Toddler
For parents of children aged 0 – 3 years (2 sessions)

This workshop will introduce parents to the concepts of the major developmental tasks as well as exploring the developmental issues of toddlerhood. Parents will also be given strategies to enable their toddler to safely negotiate these stages.

Mon 18th & 25th November
Murray District Hospital
McKay St, Pinjarra
9:30am—12:00noon
Facilitator: Judy Beven & Janette Merendino
Cost: $15 for 2 sessions

### 123 Magic & Emotion Coaching
For parents of children aged 3 – 10 years (3 sessions)

The work of parenting consists of strengthening the parent-child relationship, controlling obnoxious behaviour and encouraging desired behaviour. 123 Magic is a simple, parents-in-charge behaviour management program.

Thurs 21st & 28th November & 5th December
Cannington Leisureplex
233 Sevenoaks St, Cannington
9:30am—12:00noon
Facilitator: Penny Spicer
Cost: $30 for 3 sessions

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For enquiries and bookings please see over on Page 2 for contact details.
Exploring the Pre-School Years - Brain Development
For parents of children aged 0 – 5 years (1 session)

The early years are vital for children’s healthy development. This is the first of a series of workshops exploring some strategies to nurture your child’s developing mind.

Fri 8th November
Boddington Sports Pavilion
Club Dr, Boddington
10:00am—12:30pm
Facilitator: Maxine McEwin
Cost: $10 for 1 session

Setting Boundaries
For parents of children aged 0 – 12 years (1 session)

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents can help children perceive boundaries for themselves.

Wed 27th November
South Coastal Women’s Health Services
4 Civic Blvd, Rockingham
9:30am—12noon
Facilitator: Penny Spicer Crèche available
Cost: $10 for 1 session $3 per hr/per child $5 per hr/per 2x child

The Five Love Languages of Children
For parents of children aged 0 – 18 years (1 session)

Each child expresses and receives love through one of five different communication styles. This introductory workshop assists parents in discovering their child’s primary language and provides skills in conveying unconditional feelings of respect and affection.

Wed 27th November
The Parents Place
63 Ormsby Tce, Mandurah
6:00pm—8:30pm
Facilitator: Bernie Rozario
Cost: $10 for 1 session

Girls & Adolescence
For parents of children aged 6 – 12 years (1 session)

Parents can find it challenging to adjust to raising adolescent girls and may be puzzled or aggravated by certain behaviours. This introductory workshop helps parents understand what is going on in their girl’s world, identify areas of concern and how to manage them.

Thurs 28th November
CLAN WA, Harold Hawthorne Centre
2 Memorial Ave, Carlisle
6:00pm—8:30pm
Facilitator: Penny Spicer
Cost: $10 for 1 session

Family Fun Day
Crafts and Activities are hosted by local family based organisations and services. It’s an opportunity to learn about what’s happening in your community to support families and a chance to meet new people.

Tues 3rd December
Greenfields Family & Community Centre
2 Waldron Blvd, Greenfields
10am—1pm
Cost: Free

BOUNCY CASTLE • SINGING • MUSIC • CRAFTS • FACE PAINTING • DOOR PRIZE

For enquiries and bookings please contact:
CLAN WA Mandurah - ph: 9581 5595 or email: sarah.h@clanwa.com.au
CLAN WA Vic Park - ph: 9472 9144 or email: deanna.o@clanwa.com.au

Places are limited and bookings are essential.
If you would like to receive this flyer via email please contact us.

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