

February – June 2019

For enquiries and bookings please phone 1300 11 44 46

or email education@anglicarewa.org.au

Bookings are essential

Parenting from the Same Page

You're a couple with a child... or children... but each of you may have different experiences and expectations about parenting. This seminar will provide some time to consider how you can support each other as a parent and enrich the relationships in your family

Tuesday 19th February

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$20.00pp

Tuesday 9th April

6.15-8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP

\$20.00pp

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 26th February

6.15 - 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP

\$20.00pp

Wednesday 27th March

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$20.00pp

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.
- And much more.....

Wednesday 6th, 13, 20th March

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$70.00pp includes workbook

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Positive Ageing

Living according to our values throughout the lifespan.

Positive ageing is a term used to describe the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age.

(Australian Psychological Society website)

Tuesday 12th March

1.00 - 3.00pm

Sanori House
126 Grand Boulevard
JOONDALUP

Free Seminar

I'm just not that into Me

It is common for us to think our way into negative moods. This seminar will identify why we think negatively, and help you to begin challenging old thinking patterns. Positive thinking will improve your self-esteem and your outlook on life.

Tuesday 26th March

6.15 - 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP

\$20.00pp

You and I

How well do you know each other? Or for that matter, how well do you really know 'YOU'? This workshop provides an opportunity to explore how personality and past experiences may impact on your relationship with your partner.

Wednesday 3rd April

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$20.00pp

Couple Communication

Effective communication is the cornerstone of healthy relationships. Becoming aware of the modes and patterns of communication you and your partner use in your everyday interactions can minimize potential misunderstandings

Wednesday 10th April

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$20.00pp

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.

Wednesday 1st May

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$20.00pp



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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.

Tuesday 7th May

6.15 - 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP
\$20.00pp

The Five Languages of Apology

Based on the book by Gary Chapman and Jennifer Thomas, this seminar explores the five languages of apology. You will discover how to restore your relationships in a way that is more likely to reach the heart of your loved ones. This is a great seminar for parents, couples, friends and relatives. If you are not perfect but value high quality relationships, then this seminar is for you.

Wednesday 8th May

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH
\$20.00pp

Emotional V Thinking Brain

This seminar outlines the major processes that take place in our brains and how our emotions impact on our thoughts and our behaviour. It explains why the more attached we become in our relationships the more reactive we often become to each other. It is designed to increase our ability to distinguish our emotions from our thoughts and in doing so improve our ability to communicate more compassionately and effectively within our relationships.

Wednesday 15th May

6.15 - 8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH
\$20.00pp

Cyber Sense and Sensibility

As technology advances parents may need some guidance to help their children consider the potential consequences of their online choices. Young people are often more tech-savvy than their parents but do not necessarily have the emotional maturity to realize the far reaching implications of their actions.

This workshop aims to provide parents/carers with:

- information to help their child assess the risks
- options to manage challenging situations
- an opportunity to discuss their concerns

Tuesday 21st May

6.15 - 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP
\$20.00pp



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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.	Wednesday 22nd May 6.15 - 8.30pm Geoffrey Sambell Centre 23 Adelaide Terrace EAST PERTH \$20.00pp
I'm just not that into Me It is common for us to think our way into negative moods. This seminar will identify why we think negatively, and help you to begin challenging old thinking patterns. Positive thinking will improve your self-esteem and your outlook on life.	Wednesday 12th June 6.15 - 8.30pm Geoffrey Sambell Centre 23 Adelaide Terrace EAST PERTH \$20.00pp
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 youj the opportunity to explore how resilience contributes to your health and wellbeing.	Tuesday 18th June 6.15 - 8.30pm Sanori House 126 Grand Boulevard JOONDALUP \$20.00pp
Challenging The Fury Within We may not always be able to control what happens to us, but we can learn to regulate our responses to setbacks. This seminar will explore some skills to address distressing angry emotions which can put our health and relationships at risk	Wednesday 19th June 6.15 - 8.30pm Geoffrey Sambell Centre 23 Adelaide Terrace EAST PERTH \$20.00pp
** New** Being a Dad (is there an app for that) Now you are a parent what is next? Where can you download the app or the instruction manual so you can be the parent to want to be? This seminar aims to assist parents to understand what your child is communicating and how as a parent you can respond	Wednesday 26th June 6.15 - 8.30pm Geoffrey Sambell Centre 23 Adelaide Terrace EAST PERTH \$20.00pp

