



## Skills for Kids

### Do you want your child to:

- *Feel good and have positive self esteem*
- *Relate well to others*
- *Develop healthy relationships*
- *Express feelings clearly and respectfully*
- *Make good choices about electronic media & internet use*
- *Become responsible and independent*
- *Handle anger*
- *Resolve conflict*

### Learn how at the Parenting Children Course

**What:** Stimulating, thought provoking small groups, affirming you and encouraging you as a parent, in a supportive and relaxed atmosphere

**When:** Meet once a week over five weeks to watch ten DVD presentations by child psychologists and other parenting experts (day or evening courses offered)

**Mon 21, 28 Aug; 4, 11, 16 Sep 2017 7:30-9:00pm**

**Where:** Holy Family parish meeting room; Anzac Ave, Menai

**Who:** Parents or carers of children aged 0-10 years

**Cost:** \$50 for the five presentations, accompanying booklet containing a summary of the presentations; plus refreshments  
(EARLY BIRD discount: \$40) (some funded places available)

### Comments from previous parenting course guests:

'This course made me feel better, and more confident as a parent'

'Hearing other parents is reassuring, and finding the tools to use is brilliant'

'This course helped my husband and me in the way we relate to our kids when things are stressful'

'I would highly recommend this course to any parent; it has helped my family a lot'

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