

Community Parenting Education Program

Semester II 2010

Respectful Parenting

'Parents can improve their understanding of anger and other strong emotions and have opportunity to improve parent child interactions through nurturing children's resilience.'

Presented by **Justin Purtle**

When: Tuesdays 7 & 14 September 7.00 – 9.00 pm

Cost: \$25 (2 sessions inclusive)

The Self-Esteem of Children/Teenages & Bullying

'Children need to learn to assess their own thinking on life better as it is their interpretation of events that influence their feeling about the world, themselves and others.'

Presented by **Robert Pereira**

When: Tuesday 26 October 7.00 – 9.00 pm

Wednesday 27 October 9.30 am – 2.30 pm and 7.00 – 9.00 pm

Cost: \$25 for day session

\$15 for evening session

Stress and Anger Management for Dads

In collaboration with Marymead

Guided by Terry Norman and Richard Murray, meet other dads facing similar dilemmas and get to discover strategies for minimising stress and enjoying your children and family life more.

When: Thursdays 11, 18 & 25 November & 2 December 6.00 – 9.00 pm

Cost: \$40 (light dinner included)

Venue: Tuggeranong Youth Centre
Corner Pitman & Holwell Streets, GREENWAY

For enquiries and registration, please call Chris Cook on **6293 6549**
or email **chris.cook@commsatwork.org**