

## February – March 2016

For enquiries and bookings please phone Ann on 9263 2121 or email

[education@anglicarewa.org.au](mailto:education@anglicarewa.org.au)

Bookings are essential

### ♥♥♥ Languages of Love – Valentine Special ♥♥♥

Imagine what your relationship would be like if you and your partner could identify each other's emotional needs and meet them? This seminar introduces the five languages of love and helps you better understand how to express and receive love.

**Wed 10 February 6.15 – 8.30pm**

St Edmunds Church

52 Pangbourne St WEMBLEY

**Fri 12 February 7.00-9.00pm Ring for price**

St Anselm of Canterbury

19 Forest Hill Drive, KINGSLEY

### Step Families

Share experiences and add to your skills to make your stepfamily even stronger. Stepfamilies face unique challenges which are not always recognized and different strategies are often needed to meet family needs. Topics include: influences from the past; living with someone else's children; the discipline challenge; new roles and strengthening the couple relationship.

**Mon 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> February 6.15 - 8.30pm**

Runs over 3 sessions

Sanori House

126 Grand Boulevard, JOONDALUP

**\$100 / \$65.00 per couple**

**Text book \$15.00**

### Languages of Love and Teens

Many people find it easier to demonstrate love to younger children but it can seem difficult to know how to demonstrate love to teenagers. This seminar explores the love languages and how parents might communicate love with their teens and young adults

**Tues 16<sup>th</sup> February 5.30 - 7.30pm**

Community Lottery House

Cnr Dorothy St / Albany Hwy, GOSNELLS

**\*\*Free Community Workshop\*\***

### 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.

**Wed 17<sup>th</sup> February 1.00 – 3.00pm \*\*Free\*\***

**Wed 17<sup>th</sup> February 6.15 – 8.30pm**

St Nicholas Centre

14 Council Avenue, ROCKINGHAM

**Weds 24<sup>th</sup> February 6.15 – 8.30pm**

St Edmunds Church

52 Pangbourne St WEMBLEY

**Mon 14<sup>th</sup> March 6.15 – 8.30pm**

Sanori House

126 Grand Boulevard, JOONDALUP

### Cyber Sense and Sensibility

As technology advances parents may need some guidance to help their children consider the potential consequences of their online choices. Children 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. Join other parents to explore some ways to communicate ethical online behaviours and decision making.

**Tues 8<sup>th</sup> March 5.30 - 7.30pm**

Community Lottery House

Cnr Dorothy St / Albany Hwy, GOSNELLS

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### **Life can be Tough - Bend Don't Break**

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours. 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 you the opportunity to explore how resilience contributes to your health and wellbeing as well as some practical ways to enhance your resilience throughout your life.

**Mon 21<sup>st</sup> March 6.15 – 8.30pm**

Sanori House

126 Grand Boulevard, JOONDALUP

### **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.

**Weds 9<sup>th</sup> March 6.15 – 8.30pm**

St Edmunds Church

52 Pangbourne St WEMBLEY

**Weds 30<sup>th</sup> March 6.15 - 8.30pm**

St Nicholas Centre

14 Council Avenue, ROCKINGHAM

We would like to wish you and your loved ones a Happy and Safe Holiday Season....

