

*A parenting course designed to provide parents with the necessary skills and information to assist them with raising their children.*



# Families Equip

Parenting Tools for all Seasons

For further information contact Liz Hampel on 0439 869 702 or 8391 0093

## CONTENT

### **Session One LAYING THE FOUNDATIONS**

Parenting Styles

### **Session Two DEVELOPMENTAL STAGES AND RESILIENCE**

Childhood Development and Building Resilience

### **Session Three RELATIONSHIP BUILDING**

Fostering Relationships through Key Areas

### **Session Four DISCIPLINE STRATEGIES**

Natural and Logical Consequences

### **Session Five STRENGTHENING THE FAMILY**

Celebrations and Family Foundations

## FORMAT

The course takes into account how adults learn best and how groups operate to their maximum potential. With these two issues in mind, the program consists of discussion times, small group work, multimedia presentation, personal reflection time and various activities. This is presented in a non-threatening atmosphere and all facilitators have been trained by qualified trainers. The course is uniquely Australian but has the benefit of information and skills that are recognised worldwide within parenting organisations.

Presented by Diocese of The Murray Mothers Union