

COURSE SUMMARIES & SPEAKER PROFILE

Work, Life, Family Balance- Want to live and work better? Work, life and family wellbeing is a new and better way to manage your work and family responsibilities so you can forget your daily hassles and instead live your best life.

I can't do Everything- Overwhelmed by work, home and family demands? Instead of searching for the ever-elusive 'me-time', learn how to experience wellbeing in everything that you do.

Jodie Benvensite

is the director of Parent Wellbeing, author of four books, Affiliate Lecturer in the School of Psychology at Adelaide University, Editorial Advisor for Wondertime Magazine, and mum to two young children.

Talk so your Kids (Teens) will Listen & Listen so your Kids (Teens) will Talk- This course aims to help parents discover new ways of effectively communicating with their child, so that misunderstanding and conflict are dealt with constructively

Self Esteem in Children- One of the greatest gifts you can give a child is a healthy sense of who they are, and what they can do. Learn the key ingredients for building self esteem.

Managing Anger in Children- Discover how we can teach children to recognize, understand, and express their anger in constructive ways

Baby makes 3.4 or more (for couples) - Bringing a new baby home changes the couple relationship in a significant way. Awareness and skills can help the couple make this transition successfully

Clare Bowyer (Dip I & Grad Dip Ed)
is an accredited Relationship Educator with 15 years experience in working as a family relationship educator.

Celebrating Easter- An afternoon where the family can make crafts and focus on the meaning of Easter. Great fun for grandparents too

Celebrating Christmas- A fun-filled afternoon for the whole family to experience the meaning of Christmas, through the making of gifts and decorations, playing games and hearing music and stories

Sleepless Nights - The biological and behavioural basics of sleep, the development and prevention of sleeping problems and an overview of the options available for parents who are experiencing difficulty with their young child's sleep.

Kate Jackson B.Psych (Hons)

is a psychologist at Flinders Uni. with a particular interest in the psychological treatment of sleep disturbance in infants, children and adults.

Developing Resilience- Children have to deal with negative experiences; failure, rejection, loss, illness. Discover how parents can be most effective in helping their child deal with these life events.

Kay Buckley (BSW)

has been working as family educator and family counselor for 15 years

Fun not Fuss with Food - A discussion around strategies to change behaviour, whilst supporting developmentally appropriate independence and curiosity with eating.

Peter Hill

is a nutritionist and psychotherapist who incorporates an understanding of human behaviour and childhood development whilst promoting a love of food and cooking

Supporting Creative Families - Understanding how to assist your family to deal with making good choices and resisting the influences that are not helpful

Peer Pressure - I had to ... - Recognise and assist your child to deal with situations that force decisions and develop strategies for resisting influences that are not helpful

Melissa Howie

has a Masters in social work and has worked in the human service area for 20 years. Melissa is a trained family mediator/family therapist and has worked primarily with families throughout her career.

Building a Strong Sense of Self- Children need to feel safe and secure in their relationships with others as this is the foundation for a strong sense of self. Secure attachment relationships contribute to a strong sense of self-esteem and self-worth, enabling children to feel confident in making sound decisions and relating to others

Donna Broadhurst BECE (Hons) BA (Psych)

works in the mental health field and is an experienced relationships and family counsellor and community educator. She is currently working with Early Childhood Australia on the KidsMatter Early Childhood mentalhealth initiative.

Up and Down - Managing Emotions- Managing emotions is an important aspect of any relationship with others. Children and adults need to learn how emotions affect how we think and act and how our emotions affect others. This evening will explore how managing emotions can lead to more fulfilling and supportive peer relationships

Dr. Barbara Spears

lecturer in Educational Psychology at UniSA who presents her research on the nature and development of friendship, girls' behaviour, types of aggression and group dynamics

Effective Living Centre

26 King William Rd., Wayville

The Effective Living Centre was formed in 1998 as a joint venture between members of Christ Church and the local community. It aims to promote growth and learning throughout life, the integrity and value of each individual, richness and diversity of families and communities. It specifically runs courses in the areas of: Relationships, Social Justice & the Sacred and Creative Dimensions of Life (this includes the Progressive Christianity Network).

Positive Parenting 2010

Effective



Living Centre

26 King William Rd., Wayville SA 5034

Website: www.effectiveliving.org

All courses are conducted by Professional Parent Educators (unless otherwise indicated)

Programs are supported by Unley City Council, and the Uniting Church in Australia in collaboration with Centacare

Air-conditioned Auditorium

A community project initiated by Christ Church Uniting Church

Effective Living Centre Parenting Program 2010 BOOKING FORM (bookings essential)

WAYS TO GET MOST OUT OF THE COURSE

Invite a *friend*, or group of friends to join you

Come as a *couple* (concession rate)

Ask someone (friend, grandparent) to provide *babysitting* throughout the course as a birthday gift

Borrow *books* from our library

Ask ELC to run a course on a *topic of interest* e.g. Bullying, Father/Son relationships, Step families

As these courses are primarily educational in nature, individual counselling may be advisable, if you have specific needs.

IMPORTANT

Booking and paying ahead for a course is essential. A confirmation letter will be sent to you on receipt of payment.

If there is an inadequate number of bookings, one week prior to a course commencing, then it will be cancelled, and refunds will be given.

ELC is not able to provide refunds in other circumstances.

ELC reserves the right to alter any of the published arrangements

All courses are held at the
EFFECTIVE LIVING CENTRE
26 King William Rd.,
Wayville
Ph 8271 0329

Air conditioned auditorium

POSITIVE PARENTING IN 2010				
Term I				
Work Life Family balance	Wed 3 Mar	7.30-9.30 pm	\$15 / \$12	
Talk so your kids will listen, and listen so they will talk	Wed 17 Mar	7.30-9.30 pm	\$15 / \$12	
Self Esteem in Children	Wed 24 Mar	7.30-9.30 pm	\$15 / \$12	
Celebrating Easter	Sun 28 Mar	2 - 4 pm	\$5/person \$20/family	
Term II – early childhood and lower primary focus				
Sleepless Nights	Wed 28 April	7.30-9.30 pm	\$15 / \$12	
Developing Resilience	Wed 5 May	7.30-9.30 pm	\$15 / \$12	
Baby makes 3, 4 or more (for couples)	Wed 12 May	7.30-9.30 pm	\$15 / \$12	
Fun not Fuss with Food	Wed 19 May	7.30-9.30 pm	\$15 / \$12	
Talk so your kids will listen, and listen so they will talk	Wed 26 May	7.30-9.30 pm	\$15 / \$12	
Supporting Creative Families	Wed 2 June	7.30-9.30 pm	\$15 / \$12	
Building a strong sense of self	Wed 9 June	7.30-9.30 pm	\$15 / \$12	
Term III – upper primary and teen focus				
Peer pressure – I had to...	Tues 27 July	7.30-9.30 pm	\$15 / \$12	
Talk so your teen will listen and listen so they will talk	Tues 3 Aug	7.30-9.30 pm	\$15 / \$12	
I can't do everything	Tues 10 Aug	7.30-9.30 pm	\$15 / \$12	
Managing anger in Children	Tues 17 Aug	7.30-9.30 pm	\$15 / \$12	
Up and Down – Managing emotions	Tues 24 Aug	7.30-9.30 pm	\$15 / \$12	
Term IV				
Talk so your kids will listen, and listen so they will talk	Wed 13 Oct	7.30-9.30 pm	\$15 / \$12	
Self Esteem in Children	Wed 20 Oct	7.30-9.30 pm	\$15 / \$12	
Celebrating Christmas	Sun 12 Dec	2 - 4 pm	\$5/person \$20/family	

Name: (First) (Last)

Address:

Telephone: (Home or Work) (Mobile)

Please mark if you do **not** wish details to be kept on our database

Course Title:

Date:

No. Attending:

Cost: \$.....
 Cheque/Money Order enclosed
 Mastercard Visa (please circle)

Name on card.....

Number.....

Expiry Date *Amount* \$.....

Signature

Options for Booking:

Please include all details

- ◆ Ph/ Fax: 8271 0329
- ◆ Post: 26 King William Road Wayville S.A. 5034
- ◆ cheque or money order payable to: *Effective Living Centre*
- ◆ E-mail: office@effectiveliving.org

****Please note:** Payment is required at least one week prior to course commencing
 (All the information recorded on this form is collected and managed in accordance with the Uniting Church Privacy Policy.)