



How to help your kids when you separate.

Separating from your partner or spouse is usually stressful, but the effects of this can be minimised for your children.

This short, four hour course provides a wealth of information and well-proven ideas that will benefit you and your children.

There are two DVD's for you to keep, one for parents and one for kids.

There is no charge to attend – it is funded by the Ministry of Justice, through the Family Courts.

Dates & Times:

Thurs	22 nd	Sept	6pm – 10pm
Mon	17 th	Oct	6pm - 10pm
Thurs	17 th	Nov	6pm – 10pm
Thurs	8 th	Dec	6pm – 10pm

Cost: No charge

Venue: LIFEWISE Family Services
298 West Coast Road
Glen Eden

Contact: Griff Richards 818.0204
GriffR@lifewise.org.nz
(or Reception 818.6834)

There are many good reasons for doing a Parenting course.

If you already love parenting, come along - add a few spices and make it really delicious!

If you are stressed by your kids, you will discover tools for a whole new enjoyment of your family.

Remember . . . parenting is a serious job . . . not to be taken too seriously!



LIFEWISE

turning lives around

298 West Coast Road, Glen Eden

offers

TOOLBOX PARENTING COURSES

and

Parenting Through
Separation Courses

for

TERM 4 - 2011



Early Years (0 to 6 years)

Topics:

Different parenting styles
 The style that works best
 Physical and emotional needs
 Children's personality types
 Different ages and stages
 How to engage cooperation
 Handling more difficult behaviour
 The strong-willed child
 Creating a childhood to remember
 The Five Love Languages

Dates: Six Mondays
 Oct 31 to Dec 5

Times: 7pm to 9.15pm

Cost: \$67.50 per person
 \$90 per couple
 Subsidy available
 Free to foster parents and caregivers

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Middle Years (6 to 12 years)

Topics:

Positive discipline techniques
 Your parenting style
 The backbone/coach parenting style
 Building self-esteem
 Importance of emotional intelligence
 Children's personality types
 Ways to have fun as a family
 Creating a museum of memories
 The Five Love Languages
 Preparing for the teenage years

Dates: Six Tuesdays
 Nov 1 to Dec 6

Time: 7pm to 9.15pm

Cost: \$67.50 per person
 \$90 per couple
 Subsidy available
 Free to foster parents and caregivers

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Tweens & Teens (12+)

Topics:

What makes a teenager tick
 Creating a positive atmosphere
 Teenagers and chores
 Limits and boundaries
 Keeping them connected to family
 Communication with your teenager
 Age appropriate consequences
 What about sex and dating?
 Keeping your teenager safe
 From discipline to self discipline

Dates: Six Wednesdays
 Nov 2 to Dec 7

Time: 7pm to 9.15pm

Cost: \$67.50 per person
 \$90 per couple
 Subsidy available
 Free to foster parents and caregivers

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