



positive PARENTING



Take the stress out of parenting

A series of 3 free engaging and informative workshops
for parents with children aged 3 to 12 years

Workshop 1. The Power of Positive Parenting

Ensuring a safe engaging environment - Creating a positive, learning environment - Using assertive discipline - Having reasonable expectations - Looking after yourself as a parent

Workshop 2. Raising Confident and Competent Children

Showing respect to others - Being considerate - Having healthy self-esteem - Having good communication and social skills - Being a good problem solver - Becoming independent

Workshop 3. Raising Resilient Children

Recognising and accepting feelings - Building a positive outlook
- Developing coping skills - Expressing feelings

Cumberland Park Community Centre: 388 Goodwood Road
Wednesday May 15, 22 & 29 May, 6pm-8pm

Blackwood Community Centre: 4 Young Street
Tuesday August 6, 13 & 20, 1pm-3pm

Mitcham Cultural Village: 103 Princes Road
Monday October 14, 21 & 28, 12.30pm-2.30pm

RSVP to City of Mitcham 8372 8888

Happy families. Better relationships. Successful kids.



Government of South Australia
Department for Education

