

February – April 2018

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

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.

Wednesday 14th February 6.15 -8.30pm

Geoffrey Sambell Centre

23 Adelaide Terrace

EAST PERTH

\$20.00pp

A night of laughter, photos and special supper

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.

Monday 19th February 6.15 – 8.30pm

Sanori House

126 Grand Boulevard

JOONDALUP

\$18.50pp

Wednesday 7th March 6.15 – 8.30pm

Geoffrey Sambell Centre

23 Adelaide Terrace

EAST PERTH

\$18.50pp

Couple Communication

Effective communication is the cornerstone of healthy relationships. Becoming aware of the modes and patterns of communication you and your partner use in your everyday interactions can minimize potential misunderstandings.

Wednesday 21st February

6.15 – 8.30pm

Geoffrey Sambell Centre

23 Adelaide Terrace

EAST PERTH

\$18.50pp

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.

Monday 26th February 6.15 – 8.30pm

Sanori House

126 Grand Boulevard

JOONDALUP

\$18.50pp

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Brain Architecture

Since 2009, more than 12,000 people in groups around the world have played the Brain Architecture Game, gaining an interesting perspective on the lifelong impact of early childhood experiences.

The Brain Architecture Game is a tabletop game experience that builds understanding of the powerful role of relationships and experiences on early brain development – what promotes it, what derails it, with what consequences for individuals, families and communities.

Tuesday 27th February 6.00-8.00pm

Community Lottery House
Cnr Dorothy St / Albany Hwy
GOSNELLS

\$18.50pp

Wednesday 21st March 6.15-8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$18.50pp

123 Magic for Families with Children Under 12

123 Magic is a popular international parenting program that is easy to learn and very effective.

Parents will learn;

- how to stop kids doing what you don't want them to do e.g. tantrums, whining;
- how to get your kids to start doing what you want them to do e.g. chores, going to bed;
- ways to strengthen your relationship with your kids.

Monday 12th, 19th, 26th March

6.15 – 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP

\$65.00pp includes workbook

I'm Just not that into Me

It is common for us to think our way into negative moods. This seminar will identify why we think negatively, and help you to begin challenging old thinking patterns. Positive thinking will improve your self-esteem and your outlook on life.

Wednesday 14th March 6.15-8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace,
EAST PERTH

\$18.50pp

Languages of Love and Teenagers

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.

Tuesday 27th March 6.00-8.00pm

Community Lottery House
Cnr Dorothy St / Albany Hwy
GOSNELLS

\$18.50pp

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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.

Monday 9th April 6.15 – 8.30pm

Sanori House
126 Grand Boulevard
JOONDALUP

\$18.50pp

Tuesday 17th April 6.00 - 8.00pm

Community Lottery House
Cnr Dorothy St / Albany Hwy
GOSNELLS

\$18.50pp

Emotional V Thinking Brain

This seminar outlines the major processes that take place in our brains and how our emotions impact on our thoughts and our behaviour. It explains why the more attached we become in our relationships the more reactive we often become to each other. It is designed to increase our ability to distinguish our emotions from our thoughts and in doing so improve our ability to communicate more compassionately and effectively within our relationships.

Tuesday 10th April 6.00 – 8.00pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$18.50pp

Mindfulness

Mindfulness allows us to address difficulties in a calm and creative way. Instead of acting from a place of habitual patterns we are able to respond to difficulties as opposed to reacting to them.

Mindfulness enables us to be more present in situations where automatic pilot often prevails. (How many times have you driven to a familiar destination and then realised you couldn't remember the journey?).

In this seminar you will have an opportunity to learn about the benefits of mindfulness for mental health and wellbeing and take away some very user friendly activities that the busiest person can engage with.

Wednesday 11th April 6.15-8.30pm

Geoffrey Sambell Centre
23 Adelaide Terrace
EAST PERTH

\$18.50pp

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Positive Ageing

Living according to our values throughout the lifespan.

Positive ageing is a term used to describe the process of maintaining a positive attitude, feeling good about yourself, keeping fit and healthy, and engaging fully in life as you age.

(Australian Psychological Society website)

Monday 30th April 6.15 – 8.30pm

Sanori House

126 Grand Boulevard

JOONDALUP

\$18.50pp