

Online  
Course

# strengthening families strengthening communities

For parents and other adult carers; group for Kinship and Non-Biological Carers Only, starting on Thursday 7 May at 10:30am

Want to get some new ideas to help  
you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?



6 online  
sessions



6 group  
discussions



Certificate on  
completion

## What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

## Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

## Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.

