

Do you want to help your son or daughter learn some practical **ANTI-BULLYING** strategies? Would you like to help them increase their **SELF-CONFIDENCE, SELF-AWARENESS** and **SELF-CONTROL**?

The Rock and Water Program

A half day programme for parents/carers and children aged 8–14 years.

The programme covers:

- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control, through grounding, centeredness and mental focus
- Boundary awareness

The Rock and Water program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The morning is an opportunity for a parent and child to bond while learning these techniques together.

Note: due to the nature of activities, there is room for only one child per adult.



Relationships Australia
WESTERN AUSTRALIA 1300 364 277
www.wa.relationships.com.au

Where: Relationships Australia Mandurah

When: Saturday 17 September, 9am-1pm

Fee: \$60 for both parent and child
(\$30 for concession card holders)

Places are limited so book now on 9583 6090

Ph 9583 6090

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Email Mandurah.Education@relationshipswa.org.au