

# Successful Single Parenting

## Morning Workshop

### For men and women

Being a parent is often difficult and challenging, and sole parenting brings its own unique issues. This session explores issues relevant to the specific stressors single parents face in caring for their children and themselves.

During the seminar issues such as the following will be explored:

- Dealing with feelings of grief and loss, anger and guilt - for you and your children
- Skills for raising children on your own
- Communicating successfully with your children
- Managing the challenges of loneliness and new friendships
- Dealing with issues of self esteem and trust
- Communicating with the other parent, if applicable
- Finding ways to support yourself

**Where:** Relationships Australia  
Lotteries House, Anzac Place, Mandurah

**When:** Wednesday 31 August, **9.30am to 12 noon**

**Fee:** \$30 per person (\$15 for concession card holders)

**Places are limited so book now on 9583 6090**