

Successful Single Parenting

**A 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, covering the following topics:

- Dealing with feelings of grief, 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

Wednesday 7 March, 9.30am to 12 noon

Don't miss out! Book by Thursday 1st March

Lotteries House, 7 Anzac Place, Mandurah

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

**Places are limited so book now on 6164 0588 or
Email: Mandurah.Education@relationshipsaustralia.org.au**