



The Family Life Centre  
**FAMSA**  
Families South Africa  
Johannesburg  
NPO 001 074

THE FAMILY LIFE CENTRE

# PARENTING SKILLS PROGRAMMES & SUPPORT GROUPS

**Bookings:**

[training@familylife.co.za](mailto:training@familylife.co.za)

**Reception:**

(011) 788 4784



# PARENTING SKILLS PROGRAMMES & SUPPORT GROUPS

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# 1. PARENTING SKILLS TRAINING AND WORKSHOPS

The Family Life Centre offers Parenting Skills Training in which our Professional Facilitators equip parents with tools to promote positive behaviour, strengthen communication and improve relationships with their children.

## **We aim to:**

- Help parents raise happy, confident, healthy, co-operative and responsible children;
- Build strong relationships with your children that last a lifetime;
- Form a strong foundation upon which children can grow into responsible adults;
- Enhance parent's existing strengths in raising loving and loveable children.
- Provide the opportunity for parents to come together in a group setting which allows for greater support, understanding and encouragement.

Duration for ALL training: 4 weekly sessions of 2 hours each. All sessions are essential

## **Recommendations from previous attendees of the training:**

“Thank you, every parent should go through this, it should be a legal requirement”

“Very enjoyable would highly recommend it.”

“I will recommend this course”

“Thoroughly enjoyed and will recommend to others.”



# POST-DIVORCE PARENTING PROGRAMME

This is applicable pre-divorce, during a divorce and post-divorce.

**Time:** 19:00 – 21:00

**Cost:** R 750 per person paid in advance

**Dates:**

- 5 & 12 March
- 5 & 12 November

**Goals:**

This programme will help you (and your ex) to focus on re-negotiating your relationship with one another, and to help you to focus on parenting your children effectively. The focus in this programme is on helping you to ‘Stop Fighting and start Parenting’ it will help you to develop effective and practical ways of communicating with the other parent of your children, as well as help you develop additional parenting skills that will help your children adapt to the change in their family.

**Overview of sessions:**

- Sessions 1: Introduction to Post Divorce Parenting
  - Co-Parenting, what does it mean?
- Session 2: The child’s story
  - Parenting your child in two homes
  - A working relationship with your ex - what could it look like?
- Session 3: Stepping out of conflict - pick your battles
  - Parental Alienation
  - Effective communication - practical solutions to make it easier for the children
- Session 4: Step-relationships
  - Hearing your child and holding the relationship with the other parent



## PARENTING YOUR TODDLER/TODDLER TAMING PROGRAMME (2 - 5 YEARS OLD)

In this programme we discuss developmental stages and how to adjust our parenting style accordingly as well as adjusting to our children's needs as they grow and develop. We learn about why children misbehave and how to manage bad behaviour (tantrums) appropriately. We also focus on developing parenting skills that will help our children to be confident, happy and well adjusted.

**Time:** 18:00 to 20:00

**Cost:** R1500 p/p to be paid in advance

**Dates:**

- 7, 14, 21 & 28 May
- 1, 8, 15, & 22 October

## PARENTING PROGRAMME (6 - 18 YEARS OLD)

In this programme we focus on developing parenting skills that will help our children to be confident, competent and responsible. We focus on developing a parenting style that will keep the communication open when our children are 'Tweens and Teens'.

**Time:** 18:00 to 20:00

**Cost:** R1500 p/p to be paid in advance

**Dates:** 2, 9, 16 & 23 July

# TALKING TO TWEENS AND TEENS WORKSHOP

**Duration:** 3 hours

**Time:** 9:00 -12:00

**Dates:** 16 March & 19 October

**Cost:** R 350.00 p.p. paid in advance (Max no. of attendees - 12)

*\*If a couple attends one will pay 50%*

## **Format of the Workshop:**

A communications skills model for parents. Three hours in total: two hours of theory and an hour of facilitated discussion. The style of the workshop is informal and intimate.

## **Goals:**

This workshop deals with the skills needed to keep an open dialogue, including honest respectful conversations.

The Talking to Tweens and Teens workshop will give you:

- An effective communication model to help you step out of your own perceptions in order to connect and understand what your child is saying to you and to help you really listen.
- The model gives you four communication skills that are easily understandable and accessible so that you become more responsive to your children and encourage open and honest conversations.

## 2. SUPPORT GROUPS

Duration for ALL trainings: 4 weekly sessions of 2 hours each. All sessions are essential

**Time:** 18:00 to 20:00

**Cost:** R1 500.00 paid in advance

### ANGER MANAGEMENT

Anger is possibly the most poorly handled emotion in our society. Anger can be friend or foe, depending on how we express it. The aim of this group is to identify the anger cycle and develop skills to interrupt it, enhance communication and relaxation and learn how to assert yourself as a constructive alternative to anger.

**Dates:** 7, 14, 21 & 28 May

### DIVORCE SUPPORT GROUP

Going through a divorce can be distressing and challenging, this group aims to help you express those feelings and thoughts with people experiencing similar challenges.

**Dates:** 6, 13, 20 & 27 May



# IT'S TIME TO TALK ABOUT...

**The birds &  
the bees!**

Let's talk about how to talk to your children!  
Join **Claudia Abelheim (M.Ed)** to learn skills to  
help you answer those awkward questions!  
Improve and build your communication with your  
children!

1 Cardigan Road, Parkwood (*The Family Life  
Centre*)

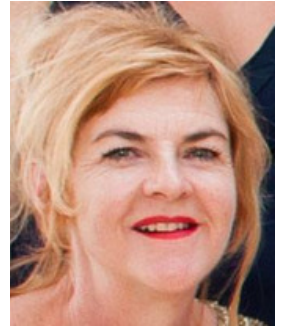
**BOOKINGS ESSENTIAL! EMAIL WENDY AT  
PREPARE@FAMILYLIFE.CO.ZA TO BOOK**

# FACILITATORS

## **Karen Moross:**

*Facilitator of Adolescent Counselling Training*

A Masters graduate from The University of Witwatersrand. Karen is a veteran with The Family Life Centre's Divorce Mediation and Education for Living Departments. Karen facilitates workshops in schools; providing teachers with basic counselling skills training which focuses on issues such as attitudes, values, stereotyping, gender issues, loss and divorce. In September 2015 Karen presented her thesis on Cyber Bullying in Italy. In May she presented "Fast Paced Technology and modern day relationships' at the Psychology Conference. In July 2016, she presented at the ICP 2016 conference in Yokohama, Japan. Karen explored perceptions of cyberbullying as experienced by adolescents.



## **Heidi Reynolds:**

*Facilitator for Basic Counselling Training and Talking to...  
Tweens and Teens*

Heidi has 20 years of experience working with Individuals, Couples and Families, the main focus in her practice is on families and relationships, including Case Management, Supervised Contact, Mediation and Facilitation, Parenting Plans, Parental Rights and Responsibilities Agreements. In the NGO environment Heidi has worked with: The 702 Crisis Centre, The Crisis Support Centre, POWA (People Opposing Women Abuse), READ, R.O.C.S and Raising Roots. She currently works as a counsellor and facilitator of parenting programmes at the Family Life Centre.



## FACILITATORS

**Alessandra Newton:** BA (Hons Psychology) University of Natal  
Alessandra's training as a post graduate took place in London which involved working with teenagers and disadvantaged elderly people. Many of the elderly were still suffering from Post-Traumatic Syndrome from 2nd World War.



In 1991 she joined The Family Life Centre's Education for Living Department as an educator. In 1992 she became involved by providing: Trauma Counselling, Divorce and Family Mediation, Advanced Marriage Counselling and General Counselling specializing in Teenagers. Alessandra's knowledge and skills enables her to provide group talks on: Couple's Therapy and Divorce support. She is a veteran in dealing with the media where she gives interviews on TV and Radio.

Alessandra's love for teenagers has made her popular at schools where she facilitates workshops for teachers and provides parents' talks on The Family Life Centre's Education for Living Programme. She continues to facilitate some of our Trainings in Basic Counselling and Emotional Intelligence.