

The Rock & Water Program

Are you ... the parent or caregiver of a child aged eight to 14 years?

Do you ... want to enhance your child's self-confidence, self-awareness and self-regulation abilities?

If so ... Then this activity-based workshop is for you!

The Rock & Water program leads from simple self-defence, boundary and communication exercises; aiming to create a strong notion of self-confidence.

The program offers a framework of exercises that enable young people to become more aware of the purpose and motivation in their life; in particular how to deal with power, strength and powerlessness.

This workshop will explore:

- communication skills and interpretation of body language cues;
- practical anti-bullying strategies;
- grounding, centredness and mental strength;
- basic self-defence skills;
- positive feelings, thoughts and visualisation.

Where: Relationships Australia, 22 Southport Street, West Leederville

When: Saturday, 9 June 2018 *Time:* 8.30am—12.30pm *Fee:* \$70 pair

Places are limited—please contact (08) 6164 0200 to register today!

For more about our courses and workshops go to www.relationshipswa.org.au

