



Do you want to help your son or daughter learn practical **ANTI-BULLYING** strategies?

Empower your child to stand up for themselves in an assertive and respectful manner.

The Rock and Water Program is a fun half day program for parents/carers and children aged 8-14 years.

The morning is a unique opportunity for a parent and child to bond while learning new skills and techniques together.

What is the Rock and Water program?

The program encourages children to embrace both the 'rock' and 'water' in their lives. The 'rock' encourages the child to have a strong awareness of their own feelings and ideas, while the 'water' encourages the child to respond with understanding, flexibility and empathy to people around them. It helps children develop a greater sense of self awareness and self-confidence.

What does the Rock and Water program cover?

- Communication skills and interpretation of body language cues
- Alternatives to aggressive responses to fear and doubt
- Thinking and being in control, through grounding, centeredness and mental focus
- Awareness of how to maintain strong boundaries in relationships

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

Where: Mandurah, venue to be advised

When: Saturday 11 March, 9am-1pm

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

**Places are limited so book now on 6164 0588
or email Mandurah.Education@relationshipswa.org.au**