

Successful Single Parenting

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, Mandurah

When: Tuesday 7 March, 9.30am to 12 noon

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

Places are limited so book now on 6164 0588