Do you want to help your son or daughter learn some practical ANTI-BULLYING strategies? Would you like to help them increase their SELF-CONFIDENCE, SELF-AWARENESS and SELF-CONTROL?

The Rock and Water Program
A half day programme for parents/carers and children aged 8–14 years.

The programme covers:

- Communication skills and interpretation of body language cues
- Alternatives to aggressive verbal and physical responses to fear and doubt
- Thinking and being in control, through grounding, centeredness and mental focus
- Boundary awareness

The Rock and Water program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The morning is an opportunity for a parent and child to bond while learning these techniques together.

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

Where: Relationships Australia Mandurah
When: Saturday 19 March, 9am-1pm
Fee: $50 for both parent and child ($25 for concession card holders)

Places are limited so book now on 9583 6090