

# Community News

## PARENTING

### West Leederville Nov/Dec 2018

*Relationships Australia, are proud to offer the following parenting workshops to the community of West Leederville and surrounds!*

#### *Partners to Parents* Sat 10 Nov 10am-12.30pm \$30 p/person

To assist couples manage the transition from being a couple to becoming parents.

#### *Parent-Teen Connection*

Sat 17 Nov 9.30am-4.30pm \$50pp/\$75pcouple

#### *Parenting after Separation*

Wed 5 Dec 6.30-9.00pm \$30 p/person

#### *Dads Raising Teen Girls*

Wed 5 Dec 6.30-9.00pm \$30 p/person

#### *Dads Raising Boys*

Mon 10 Dec 6.30-9.00pm \$30 p/person

#### *Survival Kit for Separating Dad*

Wed 12 Dec 6.30-9.00pm \$30 p/person

Separation presents many challenges for men especially fathers. If you are going through a separation or divorce this course will provide a supportive place to acknowledge the challenges you are experiencing through this process. We will assist you to identify some practical coping strategies so that you can feel more positive about yourself and your future.

*(We strongly recommend all separating dads attend this course prior to any other course, particularly parenting courses.)*

#### *Successful Single Parenting*

Wed 12 Dec 6.30-9.00pm \$30 p/person

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

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*Relationships Australia.*

## GIRLS CRICKET

Fun Girls Cricket competitions for grade 4/5 Girls and Grade 2/3 Girls  
We are looking for players to join this action packed Friday afternoon competition.  
Just like the BIG BASH!  
Everybody bats and Everybody bowls - short fast games

Join with your friends and come down and play  
For more information please Margie at 0416 025 724 or [president@wdjcc.org](mailto:president@wdjcc.org)

Margie Oldfield  
WDJCC President



# Taekwondo

• Child Safety • Child Health • Peace of Mind

## TAEKWONDO for KIDS



Give your child the help  
they deserve to build their:

- CONFIDENCE
  - SELF ESTEEM • FOCUS • STRENGTH
  - COORDINATION • BALANCE • LIFE SKILLS
- in our specially designed **programs just for kids.**

**Help your child grow, develop and  
defend for themselves!**

**FREE  
2 WEEK PASS**  
for you and a friend.  
**BOOK EARLY!**  
Limited Spaces

Starting from  
**4 YRS  
AND UP!**

**GIVE YOUR CHILD A KICKSTART  
IN LIFE! A FIGHTING CHANCE!**



**ATImartialarts**  
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**0402 144 018**

Call **ANTHONY** to make your booking today!

**FORSTER PARK HALL** corner Keane Street & Abernethy Road, Cloverdale  
**WOODVILLE PAVILION HALL** corner Fitzgerald & Farmer Street, North Perth

# Rock and Water

Physical exercises are constantly linked with mental and social skills. The Rock and Water Program leads from simple self-defence, boundary and communication exercises to a strong notion of self-confidence. The program offers a framework of exercises and ideas to assist boys and girls aged between 8 and 14 years to become aware of the purpose and motivation in their life.

The following topics are discussed:

- Bullying
- Life goals
- Developing a positive self-image
- Communication skills
- Personal boundaries

The course teaches the following:

- Practical anti-bullying strategies
- Self-confidence, self-awareness and self-control
- An introduction to basic self-defence skills
- 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

Facilitated by Craig Van Waardenburg (credited Rock and Water trainer) this family activity based program builds on the complementary strengths of 'the rock' and 'the water'. One is firm and assertive, while the other is flexible and willing to cooperate.

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

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street  
When: Saturday 10 November  
Time: 8.30am - 12.30pm  
Cost: \$70 per pair

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Relationships Australia.