

ROCK+WATER

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

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

If so... this activity-based workshop is for you, and your child!

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 enables 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;
- grounding, centredness and mental strength;
- Practical anti-bullying strategies;
- basic self-defence skills; and
- positive feelings, thoughts & visualisation.

Where: Relationships Australia West Leederville – 22 Southport Street, West Leederville

When: Saturday 24 March 2018 *Times:* 8:30am – 12:30pm

Fee: \$70.00 per pair

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

For more detail about our courses and seminars, click [here](#) or visit www.relationshipswa.org.au

It would be great to see you!

