



Successful Single Parenting

Being a parent can be difficult and challenging, and sole parenting brings its own unique issues. This workshop, *for both men and women*, explores issues single parents face in caring for their children and themselves, covering the following topics:

- Dealing with feelings of grief, 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
- Finding ways to support yourself

Wednesday 28 October - 9.30am to 12 noon

Lotteries House, 7 Anzac Place, Mandurah

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

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