



# HARMONY IN THE HOME

## A proven, powerful and practical course

### PARENT EFFECTIVENESS TRAINING – P1

This Course Emphasises the Learning of Skills by Practice

The course gives you insights and skills needed to.....

- Enhance your ability to raise cooperative, considerate and confident children
- Foster family relationships based on mutual respect and trust
- Avoid using power and punishment, yet establish successful discipline
- Be less stressed. Enjoy your children as they grow & develop into young adults

The course is offered one night per week for 3 hours over four weeks

VENUE: Centacare  
57 Hicks Street  
RED HILL

FEE: \$100  
Fee includes course materials  
Concessions available

## BOOKINGS ESSENTIAL

Contact: Gayle  
Family Relationship Education,  
Skills & Training  
CENTACARE  
Ph: 61626108

Centacare is a Community Organisation approved under the Family Law ACT to provide Family & Relationship Counselling, and Family Relationship Education Skills & Training (FREST) This parenting course is provided by Centacare's FREST Program which is partly funded by the Commonwealth Department of Family & Community Services.