

Living in a Step Family

Couples with children from previous relationships may need strategies.

Strategies on communication, agreement on discipline – who spells out the rules and what the rules are – and on handling competing demands. It is also just as important for couples to ensure that in a busy week there is time just for each other.

The six-week course covers

- the differences and uniqueness inherent in stepfamilies
- the need to let go of the past in order to devise mutual expectations, which requires good communication skills
- parents' roles and challenges in the stepfamily, and the need to establish positive biological and step-parent roles
- what children experience and how they cope in stepfamilies
- nurturing the couple bond and development of conflict resolution skills particular to the stepfamily experience
- charting of stepfamily stages and the building of new stepfamily traditions

Where and when:

West Leederville • Mon 15,22 Feb 8,15,22,29 March
Relationships Australia • Mon 3,10,17,24,31 May 14 June
15 Cambridge St
(Cnr Southport St)

Time: 6.30-9pm

Fee: \$75 per person, \$120 per couple

Places are limited so book now on 9489 6322