TOPIC:  VALUING GIRLS – (once only in 2012)

Presenter:  Andrew Fuller

Ages:  Primary and Secondary

Raising girls to be confident and resilient young women is a fine art given the demands placed upon them. This seminar will cover the following:

- The active ingredients of resilience
- How to promote confidence in young women
- Friendship skills
- Concentration and memory skills
- Creating happy girls
- Building self-esteem and dealing with the anxieties that are toxic to girls
- How to communicate with girls

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<tr>
<th>DATE</th>
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<tr>
<td>Monday April 30</td>
<td>7pm – 9pm</td>
<td>St Thomas More’s – Mt Eliza (Ref. Mel. Map 103 J5)</td>
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TOPIC:  VALUING BOYS – (twice only in 2012)

Presenter:  Andrew Fuller

Ages:  Primary and Secondary

Raising boys to be confident and resilient young men is a fine art given the demands placed upon them. Topics covered will include:

- Boy world and the secrets of communicating with boys
- How to promote confidence in young men
- Why shame is toxic to boys and how to use probability goals to avoid it
- How to help competitive boys to cope and thrive in a world where they do not always come first
- How to help non-competitive boys to have a go
- Creating happy boys
- Building self-esteem.

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<tr>
<td>Tuesday May 8</td>
<td>7pm – 9pm</td>
<td>St Joseph’s College – Newtown (Ref. Mel. Map 451 F4)</td>
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<tr>
<td>Thursday June 7</td>
<td>7pm – 9pm</td>
<td>Our Lady of Perpetual Help – Ringwood (Ref. Mel. Map 49 J9)</td>
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Registration/Further Information: Contact your school or the Catholic Education Office Melbourne, Parent Seminar Series Coordinator: Mrs Shirley O’Sullivan on 9464 5225 or shirley@stclaresthomastown.catholic.edu.au. Seminars Cost $10 per person to be paid in advance and is non-refundable.
TOPIC:  HOW TO HELP YOUR CHILD SUCCEED AT SCHOOL

Presenter:  Andrew Fuller
Ages:  Primary and Secondary

Whether your child is in Year 12 or just starting out, the skills and knowledge that you will gain from attending this session will help you to have a positive impact on your child’s life. It will also save you hours of useless arguing about things that don’t make a difference to academic outcomes. Topics covered will include:

• What the latest brain research tells us about the most vital skills for success
• How parents can improve children’s concentration, memory and sequencing skills
• How to build a positive mindset for success
• How playing games improves intelligence
• Why short sharp homework sprints are better for learning than long marathons of study.

DATE   TIME   LOCATION
Monday May 28  7pm – 9pm  St Clement of Rome – Bulleen (Ref. Mel. Map 32 G8)
Thursday June 14  7pm – 9pm  St Mary’s – Williamstown (Ref. Mel. Map 56 C9)
Wednesday August 22  7pm – 9pm  Corpus Christi – Glenroy (Ref. Mel. Map 16 J2)
Wednesday October 24  7pm – 9pm  St Agnes’ – Highett (Ref. Mel. Map 77 B8)

TOPIC:  HELPING CHILDREN & ADOLESCENTS MAKE & KEEP FRIENDS

Presenter:  Murray Evely
Ages:  Primary and Secondary

Can parents help encourage, teach or coach friendship and social competency skills? This seminar will look at the individual needs of children and adolescents in assisting their friendship development.

Friendship and getting along with other people is an important part of any child’s development. For many children and adolescents, making and keeping friends seems to be quite effortless, but for others it can be a challenge. Whether it be shyness, difficulty relating to others, impulsive behaviour or a specific disability – repeated problems with friendship groups can lead children to feel they have no friends, and to feelings of loneliness, isolation and sadness.

Together we will explore some of the key strategies parents can use to help their child achieve greater success with peer acceptance and in making and keeping friendships.

DATE   TIME   LOCATION
Thursday May 10  7pm – 9pm  St Elizabeth’s – Dandenong Nth (Ref. Mel. Map 81 A8)
Thursday June 21  7pm – 9pm  St Mary’s – Altona (Ref. Mel. Map 54 G10)
Tuesday August 7  7pm – 9pm  St Mary’s – Ascot Vale (Ref. Mel. Map 28 E9)
Thursday September 6  7pm – 9pm  St Charles Borromeo – Templestowe (Ref. Mel. Map 34 A8)
TOPIC: HEALTHY SIBLING RELATIONSHIPS

Presenter: Michael Grose

Ages: Primary and Secondary

Raising kids should be a joy, but it’s a hard slog when kids fight and argue every minute of the day. There’s no doubt that sibling rivalry destroys peace and harmony in family life. The GOOD NEWS is that family life doesn’t have to be so hard. In this practical seminar you’ll hear simple, easy-to-use techniques and principles that will help change feuding families into a super-strong team and make your life as a parent easier and happier. In this seminar you’ll discover:

- How children’s birth order affects their personalities and how best to parent kids in each position
- Secrets to reducing competitiveness in kids
- Ways to respond positively when kids fight and argue so that conflict reduces and becomes more manageable
- Key relationship skills kids can learn in their family that will stay for life
- Positive strategies that build strong families
- How kids need to learn to live with each other, even though they may not like each other.

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<tr>
<td>Tuesday May 15</td>
<td>7pm–9pm</td>
<td>St Anne’s – Kew East (Ref. Mel. Map 45 G2)</td>
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<td>Tuesday May 22</td>
<td>7pm–9pm</td>
<td>St Andrew’s – Werribee (Ref. Mel. Map 205 H9)</td>
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<tr>
<td>Wednesday August 1</td>
<td>7pm–9pm</td>
<td>St Jude’s – Langwarrin (Ref. Mel. Map 103 J5)</td>
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<tr>
<td>Thursday August 9</td>
<td>7pm–9pm</td>
<td>St Augustine’s – Keilor (Ref. Mel. Map 14 E4)</td>
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TOPIC: POSITIVE PARENTING – UNDERSTANDING MENTAL HEALTH

Presenter: Terese Sheedy

Ages: Primary and Secondary

This seminar focuses on understanding child developmental stages, building optimistic thinking and using strengths to build self-efficiency and self-worth. Early experiences and modelling can highly influence a child’s development and sense of self. Good mental health is essential in preventing the onset of mental health issues such as depression and anxiety.

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<tr>
<td>Tuesday June 5</td>
<td>7pm–9pm</td>
<td>Christ the Priest – Caroline Springs (Ref. Mel. Map 358 G2)</td>
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<td>Monday June 18</td>
<td>7pm–9pm</td>
<td>Our Lady of Lourdes – Bayswater (Ref. Mel. Map 64 F6)</td>
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<td>Tuesday August 14</td>
<td>7pm–9pm</td>
<td>Holy Eucharist – Malvern East (Ref. Mel. Map 69 B3)</td>
</tr>
<tr>
<td>Thursday September 20</td>
<td>7pm–9pm</td>
<td>Salesian College – Sunbury (Ref. Mel. Map 382 E4)</td>
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TOPIC: CYBERSMART OUTREACH – INTERNET SAFETY

Presenter: Greg Gebhart (ACMA)

Ages: Primary and Secondary

This seminar will cover the following topics:
- the ways children use the internet and emerging technologies
- potential risks for children and young people online, such as cyber-bullying, illegal content, inappropriate contact, identity theft, grooming and predatory activity
- tips to help children and young people stay safe online.

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<td>Wednesday May 2</td>
<td>7pm – 9pm</td>
<td>Sacred Heart College – Newtown (Ref. Mel. Map 451 H4)</td>
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<tr>
<td>Wednesday June 13</td>
<td>7pm – 9pm</td>
<td>St Fidelis – Moreland (Ref. Mel. Map 29 E3)</td>
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