



You are invited to join our Assertiveness Course

- * 6 weekly sessions in May and June 2018
- * 1st session: Monday 14th May 2018
- * Times: 7pm refreshments; 7.30pm start; 9.00pm close
- * Where: Hinsley Hall, Leeds LS6 2BX
- * Booking essential: Book asap but *before Tuesday 17th April at the latest*

WHAT: This is a short 6 session introduction to everyday assertiveness. It is suitable for all adults but it was written with parents in mind and so the scenarios we look at include some with parents and children at different ages and in different contexts.

WHY: It can be difficult at times to know how best to support our children's growth without becoming a 'doormat' ourselves. This course helps us to think about how we communicate and offers some suggestions for effective and assertive approaches when dealing with reluctant children (or with difficult situations with anyone in our lives).

WHO IS THIS FOR: This course is for all parents (with children of any age). It is also for diocesan parenting facilitators and for adults who would like to discover (or re-discover) their own confidence and ability to communicate effectively and with appropriate assertiveness in all the ordinary everyday circumstances of our lives.

HOW IT WORKS: Each person will get a work book of course content. Each session is structured around DVD input and case studies. The course is non judgemental and based on the best understanding of assertive communication (it comes from the excellent Family Caring Trust). We will get to know each other and feel affirmed each week as we talk over some of our own aims. It can be surprisingly difficult to do something new and so we will learn through doing: each week we will try out different ways of saying what we want to say. Come prepared to learn and have fun!

COST: No charge (this course is made available to you thanks to the Celebrating Family Fund. There will be an option to pay for your workbook which costs £8.50)

INTERESTED? please contact the Diocesan Parenting Coordinator, Breda Theakston, at breda.theakston@dioceseofleeds.org.uk or call 07761715101