



# POSITIVE PARENTING STRATEGIES

## PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

### JOIN US FOR OUR POSITIVE PARENTING WORKSHOPS

#### Conflict Resolution, Parts One and Two

Parents often tell us that they were not taught how to resolve conflict when they were growing up, and so do not have the tools to support their children to develop this important skill.

These two sessions will build on each other and focus on strategies for positive and constructive conflict resolution, and will explore topics such as:

- what the issues are, and who has them
- processes for finding solutions when there are problems or disagreements that need to be resolved
- how to use assertive communication to address an issue, express your feelings (respectfully) and ask for what you want/need
- how to promote respectful and effective communication within the family
- separating the person from the action or behaviour.

**NOTE:** These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

**DATE:** Tuesday, 29<sup>th</sup> July (Session One)  
Tuesday, 2<sup>nd</sup> September (Session Two)

**TIME:** 12.15 p.m. - 1.30 p.m.

**WHERE:** Online (Zoom)  
Please note: this session will **NOT** be recorded

**COST:** FREE!

For more information, contact:

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Register once to attend both sessions

Use the QR code or this link:  
<https://events.humanitix.com/positive-parenting-strategies-conflict-resolution-parts-one-and-two>

Registrations close at 4.00 p.m. the day before each session

