

Relate Birmingham

Relationship, Parenting and Life Skills Workshops 2012

We have managed to secure funding to provide the following workshops to residents of Birmingham, Solihull and Sandwell free of charge. They aim to teach you the practical skills you need to deal with what life throws at you. You may be going through a divorce or separation, having trouble adjusting to being a parent or perhaps you just want to be more assertive. Relate courses will give you the confidence to take charge of your life.

Workshops for Individuals

Taking Charge of Your Life – A confidence and assertiveness workshop

Start Date: Friday 20th January, 10:00am – 12:30pm – **Langley Children's Centre, Solihull**
Wednesday 13th June, 6:30pm – 9:00pm – **Relate Birmingham**

Would you like to increase your confidence? Do you want to feel more assertive? This workshop will help you feel more confident, deal with conflict, combat stress and understand time management. This workshop will run over 5 weeks.

Moving Forward – After divorce and break-up

Start Date: Wednesday 25th April, 6:30pm – 9:00pm – **Relate Birmingham**
Wednesday 1st August, 6:30pm – 9:00pm – **Relate Birmingham**

Recently divorced or separated? Take positive steps to re-build a life for yourself and make your future relationships a success. Explore your feelings and meet others in the same situation. Understand why your relationship went wrong, deal more positively with change and discover the new you. This workshop will run over 5 weeks.

Workshops for Parents

Riding The Storm – Living successfully with teenagers (and taking care of ourselves!)

Course Dates: Friday 3rd & 10th February, 12:30pm – 3:30pm – **Mere Green Hub, Sutton Coldfield**
Saturday 9th & 16th June, 10:00am – 1:00pm – **Relate Birmingham**

This is a two part workshop for parents of teenagers wanting to build a positive relationship with their teenage child. As well as offering strategies, exercises and background knowledge, there is ample opportunity to discuss issues that arise for parents of teenagers and the chance to talk to others with similar experiences.

Parents Apart – Supporting children after separation

Course Dates: Wednesday 14th & 21st March, 10:00am - 1:00pm – **Mere Green Hub, Sutton Coldfield**
Wednesday 14th & 21st October, 6:00pm – 9:00pm – **Relate Birmingham**

Divorce or separation doesn't just affect the adults in a relationship – it can affect the way children view relationships for life. Put conflict aside and think about the children. This two part workshop will help you manage the practical and emotional aspects of being co-parents living apart.

Due to funding restrictions, places are limited to one workshop per person.

For more information or to book a place please contact Relate on 0121 643 1638 or email training@relatebirmingham.co.uk