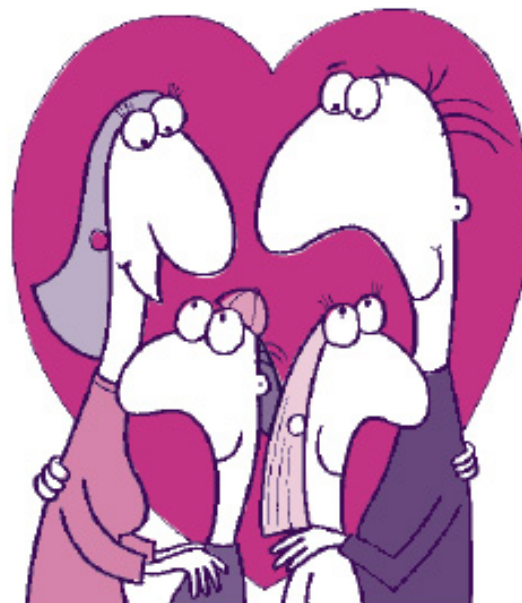


# Harmony At Home



## Issue 1

# NEWSLETTER

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## Welcome

Welcome to the first edition of the Harmony At Home Newsletter! I aim to provide all of my information, course details, workshops and links in one friendly document. I welcome comments and feedback and if you have any ideas for future editions. Please also send in your stories about how using effective family communication has worked for you and they will be published.

There have been some fantastic things happening for me this month. I'm focussing on building Harmony At Home into a household name, (watch out Super Nanny) and expanding into more corporate work with conflict resolution and anti bullying workshops for adults as well as the school bullying prevention sessions.

I will continue running the 8-week courses and workshops and am also available for individual consultations to help bring about calm and harmony.

# Happy Family Courses 2011

## Courses

This 8-week course will transform the way that your family communicates and relates. Ultimately this is a course for good parents who want to get better at understanding themselves and the inner world of their children.

Parent Effectiveness Training is a proven approach, which many participants say is a totally life changing experience. All participants gain positive tips, strategies and ways of making changes, which save them time, effort and stress.

### Thursday Evenings Commence at the

Loftus Community Centre

Cnr Loftus & Vincent Streets, Leederville

6.15 – 9.30pm

12<sup>th</sup> May

4<sup>th</sup> August

27<sup>th</sup> October

### Saturday Mornings Commence at the

Inglewood Community Centre

Cnr 9<sup>th</sup> Avenue, Beaufort Street

14<sup>th</sup> May

6<sup>th</sup> August

29<sup>th</sup> October

\$250 per person or \$450 per couple

Places are limited, bookings essential



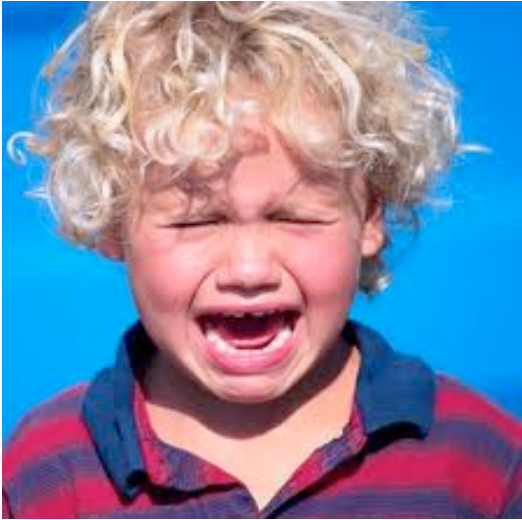
## Testimonials

“Think of EVERY parenting conflict you have ever had and know that PET could have made a MASSIVE difference to every single one!” *Kristy*

“I am a calmer parent, partner, co-worker and human being! I almost feel like this course has been a life-changing experience. Deeply profound” *Lesley*

“More parents should know that this course exists!” *Janice*

# Workshops



## Special Offer

Book all 3 workshops before the end of March and save \$50.

Only \$100 for 3 fantastic workshops!

Bookings essential

A great opportunity to gain some fantastic insights.

## Coping With Tantrums

Learn to manage your child's strong feelings and strategies for when you are under attack. Gain specific skills to help unravel the origins of their angry tantrums or frustrated behaviour.

**Sunday 3<sup>rd</sup> April**

**10am – 2.30pm**

\$50 per person or \$80 per couple

## Nurturing Young Hearts

How to parent in an encouraging, loving, non-blameful or reactive way to help your child build confidence, resilience and strong self-esteem.

**Saturday 16<sup>th</sup> April**

**10am – 2.30pm**

\$50 per person or \$80 per couple

## Kids Can Be Cruel

Take a comprehensive look at bullying, including texting, cyberbullying, teasing and how bullying affects kids. Learn strategies to communicate with your child's school/teacher and how to help your child through tough times. We will look at a Cognitive Behavioural Therapy approach to the irrational thinking behind bullying and how to not take bullying personally and what to do if you think your child may be a bully.

**Saturday 30<sup>th</sup> April**

**10am – 2.30pm**

\$50 per person or \$80 per couple

# Harmony Newsflash

## March 2011

### Radio Star

I had my first live radio spot this week on Twin Towns 89.7. I was invited to speak on the topic of parenting. Initially I was really nervous but I got the hang of it and I think from the feedback I received that it went brilliantly. They want me to come back and do another 7 spots.

Tune in on Thursdays at 3.15pm to hear me talk live with presenter Trish Duke.

[http://www.twincitiesfm.com.au/index.php?option=com\\_content&view=article&id=49&Itemid=61](http://www.twincitiesfm.com.au/index.php?option=com_content&view=article&id=49&Itemid=61)



Yes! I have officially entered Cyber Space and begun to broadcast with a series of Harmony At Home video tips on You Tube. For me it's a bit like hearing your voice on an answering machine. There will be more to come soon.

Follow the links below to see for yourself:

#### Introduction:

<http://www.youtube.com/watch?v=e-KbtYzraSA>

#### On Listening:

<http://www.youtube.com/watch?v=JXPRm3MiiJA>

### Bullying Article

This week I was contacted by the West Australian Newspaper regarding a bullying video that had been posted on You Tube. The video was very disturbing and I found it incredibly hard to watch, unfortunately it is linked to the article on the West Australian website (pause it from playing if you don't want to watch it). It depicts a 12 year old boy viciously attacking a 16 year old boy who snaps and retaliates. It begs the question "What can we do to protect our children from Bullies and the friends who seem to take pleasure in filming these acts of violence?" Come along to the **Kids Can Be Cruel Workshop** to gain more insight into why bullying is so commonplace.

Here is the link to the article:

<http://www.watoday.com.au/wa-news/youtube-bullying-video-a-wakeup-call-20110316-1bx3m.html>

# Finally.....

## COMPETITION

Write to me with your funniest parenting story for your chance to win a copy of Parent Effectiveness Training (value \$30) plus a \$50 Harmony At Home Gift Voucher.

My 12 year-old son Harry will be judging the entries and the one which makes him laugh the most will win.

Competition closes 15<sup>th</sup> April 2011

Send your entries to:  
[parenting@harmonyathome.com.au](mailto:parenting@harmonyathome.com.au)



Harmony At Home provides the following services:

Parenting Courses  
Parenting Workshops  
School Bullying Prevention Programme  
Individual Sessions  
PD Workshops on Effective Communication for Teachers  
Corporate Workshops on Effective Communication & Conflict Resolution

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