



Therapeutic Parenting for Adoptive Parents

The Post Adoption Support Service (PASS) will be repeating the parenting support program which was run last year for adoptive parents. The program will be run in a small groups of about 6-8 people. There is no charge to attend but bookings are essential.

Regardless of whether you are experienced parents or if it is your first child, sometimes parenting an adopted child can be different to what was anticipated. Sometimes parents can feel that the way they are parenting is just not working with a child, even though they thought they had good parenting skills and have been doing everything 'right'.

These classes might be of interest to you if:

- Parenting your child is more stressful than you anticipated
- You are not enjoying being a parent as much as you expected
- Your child's behaviours are not responding to the ways in which you are parenting
- You started off feeling you had so much to offer and had many skills to parent, but that somewhere along the way parenting your child has changed who you are, that you aren't parenting the way you wanted, or that you no longer feel in control
- Your child has difficult behaviours you are struggling with.

The Therapeutic Parenting Classes will explore in a safe and non-confronting environment some of the messages and reasons behind behaviours and reactions children can have; what these reactions and behaviours can trigger in parents, and tools to restore yourselves as parents and to facilitate healing in your children.

Dates

Mondays, August 24 & 31 and
September 7, 14 & 21 2009

Time

10.00am – 1.00pm

Venue

Relationships Australia (SA)
49a Orsmond Street
Hindmarsh

Comments by participants of the 2008 class on what they gained from attending the course:

"I had wondered if there was something wrong with my child or with me, but now I know that my child was behaving in ways that were normal for a child who had his experiences, and that I was not alone in how I felt. I feel encouraged and empowered."

"Great insight into causes of behaviour and ideas for handling it, matching theory to action, a sense of empowerment"

"Learning to parent in a more compassionate and understanding way. I gained a greater sense of understanding for my child and his experiences/trauma"

To register your interest to attend contact Gina Martino on (08) 8245 8100 or g.martino@rasa.org.au, and for further information, contact Sandi Petersen on (08) 8245 8100 or s.petersen@rasa.org.au