

# fusionFamiliescourse

Raising your children is the most important role  
you will ever have.

You are literally giving them strong foundations for life.

Have you ever thought about what you want  
your family to look like?



Presented by

Kapunda Light Church and Fusion Australia.

A course that will help you to proactively work towards your hope and  
dreams for your family.

# whowhatwherewhen?

**What is the Families Course?**

**Choosing values. Learning skills. Building families that thrive!**

**The Families Course is an initiative of Fusion Australia.**

**In this short course, parents, grandparents, carers and others will develop a picture of the family they want, and will learn skills and strategies to make that happen.**



**All parents, carers, grandparents etc would benefit from this course.**

**For people who would like to support parents as mentors.**

**Sunday afternoons 3pm-5pm followed by a light supper,  
beginning 25<sup>th</sup> June and finishing 16<sup>th</sup> July**

**Venue – Light Community Church Kapunda**

# What is in the families course?

## Course outline

### Session 1: Foundations for Families

Who was significant to you when you were growing up? Often it was someone who listened and cared but also had clear boundaries. Every family needs a firm foundation, values that last and reasons for the rules.

### Session 2: Building Nurturing Skills

Research shows that children who have a warm loving relationship with the adults in their lives will be more resilient and better equipped for hard times. This session presents practical ways to help children feel loved, heard, valued and reach their potential.

### Session 3: Understanding Ages and Stages

When we know what is “normal” at a particular age and stage, it can lower our stress levels. This understanding enables us to better care for children and draw appropriate boundaries.

### Session 4: Being Positive

When we notice the good things children do, it powerfully affects their behaviour! We all love genuine encouragement and specific praise. Our children will blossom when we expect the best and catch them doing good!

### Session 5: Building Honest Relationships

Honesty can really improve our family life! When it is safe to be real with each other, relationships grow. We want home to be a place where kids love to be, with people they can trust.

### Session 6: Independence

Every child is on a journey to independence and it's not always smooth! We can help by watching and listening carefully. Is their behaviour a testing of boundaries or a cry for help and support?

### Session 7: Dealing with Conflict

Unfortunately, quarrels and fights are a normal part of family life. There are ways to deal with conflict that will lessen the hurt and stress and give kids tools for life.

### Session 8: Discipline

Can we maintain clear consistent boundaries? Is it possible to carry out consequences yet still communicate our love and support? It may take some work but the benefits to family life are worth the effort!

# Outcome of the Families course

“The positive, practical ideas in this course continue to give me the courage and tools to build our family life.”



Contact Andrea Schulz 0402 472 843

Or register your interest by email - [andrea@lightcc.org.au](mailto:andrea@lightcc.org.au)  
Register Now

