



Clan WA Courses

Strengthening families and communities

Clan WA

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Please contact us for more information on courses that can be tailored to suit a seminar or presentation format.

Clan WA Course Descriptions

About Boys

For parents of children aged 0-13 years - (1 session)

At times it can be challenging to understand boys' behaviour. It can be an even greater challenge for parents learning how to best communicate and interact with them. This introductory course aims to assist parents and caregivers to gain a greater understanding of boys, and develop skills for more meaningful communication with them.

About Girls

For parents of children aged 0-13 years - (1 session)

It can be testing yet exciting for parents or caregivers supporting young girls through childhood. It is beneficial to understand how a young girl views the world, in order to understand the most effective way to parent. This introductory course aims to assist parents or caregivers to understand girls' behaviours and developmental milestones, as well as providing strategies to strengthen the relationship.

Boys & Adolescence

For parents of children aged 8-17 years - (1 session)

Parenting adolescent boys can be a challenging experience. It is a time of social and emotional changes for them, and for parents who must re-learn how to parent an adolescent boy. Some parents can find it tempting to relax boundaries and let their son have the freedom and independence they demand. This introductory course aims to provide parents an understanding of the challenge of adolescence boys, and effective strategies to assist in supporting both parent and son.

Girls & Adolescence

For parents of children aged 8-18 years - (1 session)

Parents can find it challenging to adjust to raising adolescent girls and may be puzzled or aggravated by certain behaviours. This introductory course supports parents or caregivers in understanding adolescent girls and assists them in identifying areas of concern and how to support them through this developmental milestone.

Bullying in the Cyberworld

For parents of children aged 8-17 years - (1 session)

It can be distressing for parents or caregivers to find out their child are being bullied or bullying others. New communication technologies mean bullying is appearing in new formats and places. This one session course identifies bullying behaviours and provides strategies to keep children safe whilst using technology.

Four Cornerstones of Positive Parenting

For parents of children aged 0-12 years - (1 session)

This introductory course provides parents or caregivers information to assist in renewing their experience as a caregiver. By learning more about the 4 cornerstones of positive parenting, parents and caregivers will develop skills on how to have strong, nurturing and respectful relationships with their children

Happy Parents Happy Kids

For parents of children aged 3-12 years - (1 session or 2 sessions)

All parents and caregivers want their children to be happy. Some people believe this means having to sacrifice their own personal happiness. However, these need not be seen as competing goals. In this introductory course parents and caregivers are supported in how to create resilience within their family whilst ensuring both their own and their children's happiness is allowed to flourish.

Kids & Anxiety

For parents of children aged 3-12 years - (1 or 2 sessions)

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for parents and caregivers to use at home.

Listen to Me

For parents of children aged 3-12 years - (1 session)

The basis of strong relationships with children is the ability to communicate effectively with them in an assertive and respectful way. This introductory course explores ways to actively listen to children, and assists parents and caregivers to respond more effectively.

Love Languages of Children

For parents of children aged 0-12 years - (1 session)

Each child expresses and receives love through one of five different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection.

Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.

Mighty Toddler (The)

For parents of children aged 0-5 years - (1 session)

Children between the ages of one and three are generally enthusiastic and energetic. Parents and caregivers can however find this level of enthusiasm to be challenging. This introductory course provides parents and caregivers an insight in the developmental tasks of toddlerhood and provides simple strategies to enable parents to guide their child through these stages safely.

Setting Boundaries

For parents of children aged 0-12 years - (1 session)

Setting limits whilst still being a loving parent is an important part of raising responsible children. This introductory workshop addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

Sibling Rivalry

For parents of children aged 3-12 years - (2 sessions)

Sibling rivalry happens in all families but children need some positive parental input into resolving issues. Parents and caregivers will learn skills in helping their children deal with their feelings appropriately, encourage cooperation and learn problem-solving skills. By motivating children to work out their own solutions, the incidence and severity of sibling rivalry in families can be decreased.

Based on the book 'Siblings without Rivalry' by A Faber & E Mazlish

Social Media Safety

For parents of children aged 8-17 years - (1 session)

The role of a parents and caregivers is to keep children safe, including online. This introductory workshop will look at various sites and applications of social media to understand the risks, benefits and impact on children.

Stand up to Bullying!

For parents of children aged 5-15 years - (1 session or 2 sessions)

The role of a parents and caregivers is to keep children safe, including online. This introductory workshop will look at various sites and applications of social media to understand the risks, benefits and impact on children.

Stand up to Bullying!

For parents of children aged 8-17 years - (1 session)

It can be distressing for parents or caregivers to find out their child are being bullied or bullying others. This introductory course identifies bullying behaviours and supports parents and caregivers in teaching children strategies to reduce the incidence of being bullied or bullying.

Understanding Anxiety and Depression in Youth

For parents of children aged 8-17 years - (1 session)

Do you have a young person in your life that may be experiencing Anxiety or Depression? This course covers the challenges experienced by anxious and/or depressed adolescents and provides practical ideas and tips for parents and carers to assist their child and themselves.

1-2-3 Magic® & Emotion Coaching

For parents of children aged 0-12 years - (3 sessions)

In this 3 session course parents and caregivers will be taught practical skills on :

- Effective boundary setting
- Strategies to promote positive behaviour in children
- How to manage and teach emotion and emotion management to children

Bringing up Great Kids (BUGKS)

For parents of children aged 0-12 years - (4 sessions)

Parents and caregivers often can feel challenged balancing work, other pressures and spending time with their children. This program assists in building positive parent/child relationships and makes sense of unhelpful patterns of behaviour that may be impacting on their parenting style. A reflective parenting program developed by the Australian Childhood Foundation.

Tuning into Kids

For parents of children aged 3-12 years - (6 sessions)

Tuning in to Kids™ is a parenting program that aims to help parents and caregivers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social, and physical functioning, as well as fewer behavioural difficulties. Tuning in to Kids™ is a parenting program that aims to give helpful ways of teaching children the skills of emotional intelligence.

Standard Mental Health First Aid

Duration: 2 full days

What is Mental Health First Aid?

Mental health first aid is the help provided to a person who is developing a mental health problem or is in a mental health crisis, until appropriate professional treatment is received or crisis resolves. Mental health first aid strategies are taught in this evidence-based program.

Who should undertake this training?

Adults seeking ways to support other adults experiencing a mental health crisis. Please note this course is not a therapy or support group, rather it is an education course to learn how to give first aid to others.

Youth Mental Health First Aid

Duration: 2 full days

What is Youth Mental Health First Aid?

Mental health first aid is the help provided to a person who is developing a mental health problem or is in a mental health crisis, until appropriate professional treatment is received or crisis resolves. Mental health first aid strategies are taught in this evidence-based program.

Who should undertake this training?

This course is aimed at parents or caregivers supporting young people (those aged 12-18 years). YMHFA is also particularly suitable for youth, health and community workers, teachers and other helping professionals.

The Resilience Doughnut

Duration: 2 full days

What is the Resilience Doughnut?

The Resilience Doughnut is a strength-based model for building resilience. It is based on what is already working for an individual. The Resilience Doughnut combines both an individual's characteristics with the environment surrounding them, highlighting optimal ways for that person to navigate and negotiate their resources to build on resilience. The model is based on a wide body of research (both Australian and international) examining the factors common to people who have shown resilience in the face of adversity.

For more information on this model visit; www.theresiliencedoughnut.com.au