

# Workshops strive to cement family units

By AGRON LATIFI

Two workshops looking at building children's strengths and capacity to face life's challenges will be held in Shellharbour next Wednesday.

Parents, carers and children's services professionals have been invited to attend the workshops, which will be presented by the Illawarra Transition to School Program and Barnardos Communities for Children Shellharbour.

Child and adolescent psychologist Lyn Worsley is scheduled to speak on some of the reasons why parents feel so disempowered in raising their children in today's society.

"The workshop will look at ways of enhancing and strengthening the family unit and how to help the child build a strong sense of resilience and family identity," Illawarra Transition to School project officer Kath Smith said.

Barnardos Communities for Children Shellharbour learning and development coordinator Judy Daunt said that Lyn Worsley had been in private practice as a

psychologist for more than 10 years.

She added that Ms Worsley brought a wealth of experience in working with children and families from her background in teaching, youth work and nursing.

The parents and carers workshop will run from 9.30am to noon. It costs \$5 and includes morning tea and free child minding and transport if requested.

The professional development workshop will be conducted from 3.30pm to 6pm. It also costs \$5 and includes afternoon tea.

Both workshops will be held at Shellharbour Workers Club.

Bookings are essential and can be made by phoning Illawarra Children's Services on 4283 8847.

RIGHT: Barnardos Communities for Children Shellharbour learning and development coordinator Judy Daunt is encouraging parents, carers and children's services professionals to attend workshops at Shellharbour next Wednesday.

Picture: DAVE TEASE

