

## Community Workshops

FAMSA's community workshops provide practical skills development and support for individuals, parents and men.

### Our workshops include:

- "Parenting for Life" – equipping parents with skills and knowledge on understanding their child according developmental needs, discipline as well as building a positive self esteem for their child and themselves, managing blended families and other related topics.
- "Fatherhood/MenCare" – Encouraging MEN to be more involved parents and partners.

*The following is explored:*

### The Three P's of Parenting

#### Presence

- Showing up and letting your children know you care;
- Being a gentle, caring parent;
- Providing physical and emotional care.

#### Partner support

- Supporting your partner emotionally;
- Providing physical support by sharing child care and housework;
- Building a strong parenting partnership.

#### Preventing violence

- Using positive discipline techniques;
- Understanding what triggers your anger and how to calm yourself;
- Committing to non-violent parenting.

We also provide specialized group workshops, such as stress management, personal growth and anger management, on request from organisations, like churches, employers / corporates, NGO's etc.