

# Alpha THE PARENTING COURSE

by Bartley Community Care Services

## WHAT IS THE PURPOSE OF THIS PARENTING COURSE?

This Course is highly practical in giving parents and would-be parents the essential tools in setting up a warm and happy home for their children to grow up in.

Though the Course is based on Christian principles, it is relevant and helpful for parent of any religious persuasion.

From this Course, you will learn how to:

- ▶ **Establish a healthy family life**
- ▶ **Show love to your children**
- ▶ **Set boundaries in discipline**
- ▶ **Teach them to express their emotion positively**
- ▶ **Train them to become healthy confident adults**

Bartley Community Care Services  
is the community services arm of:



Bartley  
Christian  
Church

4 How Sun Drive Singapore 538526  
Tel : 6285 4322

# Alpha THE PARENTING COURSE



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## COURSE SYLLABUS

over 5 Saturday Evenings (7:00 - 9:30pm)

- Session 1** : Building A Strong Family
- Session 2** : Meeting Our Children's Needs
- Session 3** : Setting Boundaries
- Session 4** : Teaching Healthy Relationships
- Session 5** : Our Longer Term Aim

## COURSE DESIGN

- ▶ Start with a Dinner
- ▶ Watch a Video
- ▶ Have Small Group Discussion

## WHO IS THE COURSE FOR?

For all young parents with children up to the age of 12. Couples planning for parenthood are also welcome.

## VENUE

Bartley Christian Church  
4 How Sun Drive  
(Next to Bartley MRT Station, Circle Line)

## DURATION OF COURSE

From 27 March to 24 April 2010

## TIME

7:00 to 9:30pm

## COST FOR 5 WEEKS

\$60 per person  
(for notes, dinner and refreshment)



## REGISTRATION FORM

### THE ALPHA PARENTING COURSE

#### WHERE IS IT HELD?

Bartley Christian Church  
4 How Sun Drive (next to Bartley MRT Station)

#### HOW MUCH DOES THIS COST?

\$60 per person  
(inclusive of notes, dinners and refreshments)

#### HOW TO REGISTER?

Return reply slip and cheque payment to "Bartley Christian Church" c/o 8 New Industrial Road #05-01 LHK3 Building Singapore 5362000.

Name: Ms/Mr/Mrs/Dr/Mdm

Mobile No:

Name of Spouse:

Mobile No:

Address:

Postal Code ( )

Email:

Do you require baby-sitting of your children during the course? \*Yes | No

How many children do you have? ( )

Age group of your children:

Do you belong to a church? \*Yes/No

If yes, please state which church:

For more information, please contact Jane Lim at 6885 0451 or email [janelim@bartley.org.sg](mailto:janelim@bartley.org.sg).