Fusion is a Christian international youth and community development organisation. For over 53 years Fusion has worked to bring young people and their communities Together with Hope.

Fusion has centres in every Australian state and in many countries around the world including the United Kingdom, Canada, China, South Africa, Germany, Jamaica, India and Indonesia.

The Families Course was developed by Fusion Western Sydney, one of Fusion's eight centres in NSW.

Fusion Western Sydney is one of eight Fusion centres in NSW. Fusion Western Sydney's key activities are in youth work, supported youth accommodation, family support and education as well as home and community care for the elderly and disabled.

Fusion is a registered training organisation offering Certificate III in Youth and Community Work (Christian).

Audacious Faith . Innovative Action . Authentic Community

Fusion
AUSTRALIA
"Together with Hope"

For more information

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(Or contact your local Fusion Centre)

A 12 hour course that builds family relationships

"Really impressive in range and depth, fun and engaging for participants, a huge help for any family situation"

Steve Biddulph

(Internationally acclaimed author and educator on raising kids)

The **Families Course** covers eight key areas of family relationships and forms a framework to build a healthy, strong and loving family life.

Sessions include presentations by trained Families Course educators, discussion and sharing of ideas to equip families at all stages.

"I'm feeling more empowered to know what I'm doing... hold boundaries without thinking the kids won't like me and be more conscious of stopping and listening."

Course participant.

The Families Course

Session One: 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 Two: 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 Three: 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 Four: Being Positive

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

Session Five: 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 Six: 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 Seven: 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 Eight: 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!