

## Term 2 Parent Education Program, 2017



### PARENT EDUCATION PROGRAM – TERM 2, 2017

Fair season is upon us! With that in mind we will only have three Parent Education sessions this term and the first is up next week!

**Lisa Devine** will shed some light on **“Spirituality, religion, and the nourishment of the mind and soul in an evidence-based world. How does the Steiner approach speak to contemporary life?”** This is the perfect opportunity to bring along your burning questions on this topic. Lisa Devine has the wonderful ability to demystify some of the ‘heavier’ aspects of anthroposophy.

**Mary Heard** will run an introduction to **‘Simplicity Parenting.’** If you can relate to the feeling of ‘too much stuff, too many choices, too much information and too little time’ then come and be inspired to move back towards simplicity!

Back by popular demand is **Vanessa Snaith-Gardiner** with **‘From Felt to Freedom Part 2.’** We had such strong feedback on people disappointed to miss last term’s session as well as requests from those who attended who wanted to delve deeper. This ‘Part 2’ session will cater to those who’ve been before as well as those who haven’t. Places are limited so book early to avoid disappointment.

Bookings for all sessions can be made via the trybooking links below. Please feel free to share this program with the wider community – friends and grandparents always welcome!

#### TERM 2 PROGRAM AT A GLANCE:

<b>Week 4:</b> <b>Tuesday 16<sup>th</sup> May</b> 7:30pm – 9:00pm	<i>Lisa Devine: Spirituality, Religions and the Nourishment of the mind and soul.</i> <a href="https://www.trybooking.com/QBZZ">https://www.trybooking.com/QBZZ</a>
<b>Week 6:</b> <b>Thursday 1<sup>st</sup> June</b> 7:30pm – 9pm	<i>Mary Heard: Introduction to Simplicity Parenting</i> <a href="https://www.trybooking.com/QCAB">https://www.trybooking.com/QCAB</a>
<b>Week 8:</b> <b>Friday 16<sup>th</sup> June</b> 9:00am – 11:00am	<i>Vanessa Snaith-Gardiner: From Felt to Freedom PART 2</i> <a href="https://www.trybooking.com/QBZU">https://www.trybooking.com/QBZU</a>



**Spirituality, religion, and the nourishment of the mind and soul  
in an evidence-based world.**

Presented by **Lisa Devine**

**TUESDAY 16<sup>TH</sup> MAY, 7:30pm - 9pm**

**<https://www.trybooking.com/QBZZ>**

**Spirituality, religion, and the nourishment of the mind and soul in an evidence-based world. How does the Steiner approach speak to contemporary life?**

*Lisa Devine is the pastoral care worker at Kamaroi. She trained as a youth worker in the early 1980s and worked in a range of youth at risk programs before moving into working in the disability field. She has a Masters in Psychology and has counselled young people and their families over many years. Lisa takes young people to Africa every two years in a leadership development program. Her connection to the work of Rudolf Steiner began in the 1990s when she trained as a Eurythmist and has deepened ever since. She has worked as a Chaplain/Counsellor in three Steiner schools in Melbourne and now is the Chaplain for Glenaeon and Central Coast Rudolf Steiner School. She is also now working closely with the Kamaroi staff and students. Currently she is developing and implementing social programs targeted at preventing and treating young people suffering from eating and self-harm issues. Lisa teaches Introduction to Anthroposophy, Cosmology and Human Communication courses at the Sydney Rudolf Steiner College.*



## An Introduction to Simplicity Parenting

Presented by **Mary Heard**

THURSDAY 1<sup>ST</sup> JUNE: 7:30PM – 9:00PM

Bookings: <https://www.trybooking.com/QCAB>



Today's busier, faster society is waging an undeclared war on childhood – too much stuff, too many choices, too much information and too little time.

Learn ways to simplify and slow down your home environment, create predictable and connecting rhythms, simplify your child's weekly schedule and find out the benefits of filtering out the adult world.

In this one and a half hour introductory workshop we will take time to explore our values and to create one workable, sustainable change, in the direction of simplicity, for our own families.

The aim is to recreate our homes as places of rest and rejuvenation, to allow connection rather than anxiety to characterize our relationship with our children and to create the ideal environment for the slow emergence of our children's identities, resilience and wellbeing.

**Mary Heard** trained as a Simplicity Parenting Family Life Coach in 2015 and has run several courses since then, taking parents through the wonderful process of simplifying their lives at their own pace and in their own style. Mary works with children aged between 1 and 8 and their parents at the Castlecrag Campus of Glenaeon Rudolf Steiner School.

## From Felt to Freedom Part 2: The Purpose of Handcraft in the Primary Years

Presented by **Vanessa Snaith Gardiner**

FRIDAY 16<sup>TH</sup> JUNE , 9:00AM – 11:00AM

LIMITED PLACES - BOOKINGS ESSENTIAL <https://www.trybooking.com/QBZU>



*"Joy in living, a love for all existence, energy for work - such are among the life long results of a right cultivation of the feeling for beauty and for art." Rudolf Steiner*

Does this capture the essence of what we all wish for our children? Come and hear some of the wisdom behind the relationship between working with head, heart and hands in handcraft and how this inner effort of *will* helps form the spirit *will*, the child's spirit individuality. The development of free and authentic individuality can be seen as a core striving in the goals of Steiner Education. In Rudolf Steiner's 'Philosophy of Freedom', he gives the name 'ethical individuality' to that in us that perceives moral imaginations and intuitions by which we can exercise free *will*. Hopefully we can bridge some of the conceptual gaps between some of these lofty aspirations we have for our students and its relevance to all that colour, wool, felt and tie dye! In this talk and some practical exercises, I will seek to extrapolate an understanding of how the thinking, feeling and willing are fostered, nourished and strengthened.... How in reckoning with these invisible forces the moral senses are assured and developed forming a solid foundation for life.

*Vanessa Snaith-Gardiner has been studying, teaching and practicing Eastern and Western healing approaches to personal transformation for over 20 years, teaching and lecturing within the Anthroposophic movement for 13 years. Holding degrees in Fine Art, Education, Anthroposophic and Transpersonal Art Therapy, she shares her deep enthusiasm for the enrichment, clarity and support that art and meditative practice bring to our task in consciously evolving together. Vanessa trained at Tobias School of Art and Therapy in the UK. Registered with the Cities and Guilds Masters level. Vanessa is also the handcraft teacher at Kamaroi.*

