### July - September 2016

For enquiries and bookings please phone Ann on 9263 2121 or email education@anglicarewa.org.au

**Bookings are essential**

<table>
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<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td><strong>Raising Emotionally Resilient Children</strong></td>
<td><strong>Tuesday 26th July</strong></td>
<td>5.30-7.30pm</td>
<td>Community Lottery House, Cnr Dorothy St / Albany Hwy, GOSNELLS</td>
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<td>Would you like your children to be resilient and know how to manage difficulties in life? This two hour seminar can show you how to improve your child’s emotional intelligence to increase their resilience, concentration, friendships and even help them through difficult times such as divorce or grief and loss.</td>
<td><strong>Monday 1st August</strong></td>
<td>6.15 – 8.30pm</td>
<td>Sanori House, 126 Grand Boulevard, JOONDALUP</td>
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<td><strong>Self Esteem and Changing Negative Thinking</strong></td>
<td><strong>Wednesday 3rd &amp; 10th August</strong></td>
<td>6.15 – 8.30pm</td>
<td>2 Consecutive weeks, Sambell Centre, 23 Adelaide Terrace, EAST PERTH</td>
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<td>Unhelpful thinking can stop you from reaching your full potential and cause you to feel badly about yourself. Everyone has unhelpful thinking at times, but often it has become so ingrained that it goes unchallenged. This course can help you to make a difference in your own life by recognising and challenging thoughts and beliefs that hold you back.</td>
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<td><strong>Step Families</strong></td>
<td><strong>Mon 8th, 15th &amp; 22nd August</strong></td>
<td>6.15 - 8.30pm</td>
<td>3 Consecutive weeks, Sanori House, 126 Grand Boulevard, JOONDALUP</td>
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<td>Share experiences and add to your skills to make your stepfamily even stronger. Stepfamilies face unique challenges which are not always recognized and different strategies are often needed to meet family needs. Topics include: influences from the past; living with someone else’s children; the discipline challenge; new roles and strengthening the couple relationship.</td>
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<td><strong>Life can be Tough - Bend Don’t Break</strong></td>
<td><strong>Wednesday 24th August</strong></td>
<td>6.15 – 8.30pm</td>
<td>Sambell Centre, 23 Adelaide Terrace, EAST PERTH</td>
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<td>Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours. But what does resilience look like? It is definitely not a matter of being tough in every circumstance no matter what life throws at you; and it is not a fixed trait which a lucky few inherit. This seminar will give you the opportunity to explore how resilience contributes to your health and wellbeing as well as some practical ways to enhance your resilience throughout your life.</td>
<td><strong>Wednesday 19th October</strong></td>
<td>6.15 – 8.30pm</td>
<td>St Nicholas Centre, 14 Council Avenue, ROCKINGHAM</td>
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$40.00 per person

$100 / $65.00 per couple

Text book $15.00
### Languages of Love and Teens
Many people find it easier to demonstrate love to younger children but it can seem difficult to know how to demonstrate love to teenagers. This seminar explores the love languages and how parents might communicate love with their teens and young adults.

**Monday 29th August**
6.15 – 8.30pm  
Sanori House  
126 Grand Boulevard, JOONDALUP

**Wednesday 7th September**
6.15 – 8.30pm  
St Nicholas Centre  
14 Council Avenue, ROCKINGHAM

### The Five Languages of Apology
Based on the book by Gary Chapman and Jennifer Thomas, this seminar explores the five languages of apology. You will discover how to restore your relationships in a way that is more likely to reach the heart of your loved ones. This is a great seminar for parents, couples, friends and relatives. If you are not perfect but value high quality relationships, then this seminar is for you.

**Tuesday 30th August**
5.30-7.30pm  
Community Lottery House  
Cnr Dorothy St / Albany Hwy, GOSNELLS

### Languages of Love and Children
Gary Chapman, author of ‘Five Love Languages for Children’, says “Loving our children isn’t always enough. Learning to speak their love language communicates your love in ways they’ll understand right from the beginning.” This seminar will provide you with insight into your child’s own love language.

**Tuesday 20th September**
5.30-7.30pm  
Community Lottery House  
Cnr Dorothy St / Albany Hwy, GOSNELLS

### **NEW** Five languages of Appreciation
Showing – and receiving – appreciation helps create a more positive environment. This seminar based on the book by Gary Chapman and Paul White explores how to convey authentic appreciation to our friends, co-workers or employees.

**Wednesday 21st September**
6.15 – 8.30pm  
Sambell Centre  
23 Adelaide Terrace EAST PERTH
KIDS LOVE DRAMA!
PARENTS LOVE THE RESULTS

The Helen O’Grady Academy caters for 3-17 year olds. Our fun, weekly programme:

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• Develops CONFIDENCE
• Increases SELF ESTEEM
• Improves COMMUNICATION

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AUGUST 9 IS CENSUS NIGHT.

OUR MOMENT TO PAUSE AND MAKE A DIFFERENCE.

Look out for your household’s Census letter. Use the unique Census Login to complete your Census online on August 9, or follow the directions to order a paper form.

Get online on August 9.

#MyCensus
One month until Australia’s largest online event

In just one month’s time, millions of people across Australia will pause to complete the 17th national Census of Population and Housing, in what could be the country’s largest and most significant online event.

The 2016 Census will employ more than 39,000 temporary staff who will travel a distance equivalent to almost 200 trips around the circumference of the planet in order to count over 24-million people in about 10-million households, who come from over 200 countries and speak over 300 different languages.

Head of the 2016 Census, Duncan Young, said the August 9 Census will be the easiest and most accessible ever, with people able to complete their Census from their own home on their smartphone, tablet or computer. We expect 16 million people to complete the survey online.

“Later this month and into early August, the ABS will deliver some 10 million letters to every household around the country in preparation for Census night,” Mr Young said.

“These letters will be addressed ‘To the Resident’ and include a unique login and instructions on how to complete the Census online, as well as details on how to request a paper Census form.”

While a majority of Australians won’t hear from the ABS for a few weeks to come, Census Remote Area Mobile Team Leader, Steven Pearce, has driven 4,500km across northern Australia in the last two weeks, to ensure everyone in his remote area is counted as part of the Census.

“Within the 160,000 square kilometre area which I’m helping to count, I estimate there’d be less than 3,000 people living here, but that does not mean the data is less important,” Mr Pearce said.

“My primary task now is to make contact with the communities and all the relevant stakeholders in those communities and lay a bit of groundwork which will enable us to carry out the Census in as efficient manner as possible.”

Mr Young said the ABS’ 105 Remote Area Mobile teams highlight the ABS’ extensive efforts to ensure everyone in Australia completes a Census form wherever they are on Census night.

The national Census has been a part of Australia since just after Federation and provides the most comprehensive and accurate picture of our rapidly growing and changing population.

Despite 16 previous Censuses over 105 years, the 2016 Census will coincide with the Olympics for the first time ever this year. Mr Young hopes that while Australians are waiting for the swimming finals to start on August 9 they will do their bit for the country by completing their Census.
“The 2016 Census is Australia’s moment to pause and make a difference, and help shape the future of Australia’s investment in housing, roads, schools and hospitals.” Mr Young said.

For more information about the Census visit www.census.abs.gov.au or follow us on Facebook and Twitter.

Video, stills are available for download through the following link https://abs-au.sharefile.com/r-ref4f64934f944ff9

Background information on the 2016 Census of Population and Housing

Data collected from the 2016 Census will support funding decisions for services and infrastructure including housing, transport, education, industry, hospitals, and the environment.

Data from the 2011 Census revealed that Australians come from more than 200 countries, speak more than 300 languages, belong to more than 100 religious groups and work more than 1,000 occupations.

Key 2016 Census dates:

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<th>Date Range</th>
<th>Description</th>
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<tr>
<td>Late July to early Aug 2016</td>
<td>Census Instruction letters and forms will be delivered</td>
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<tr>
<td>9 August 2016</td>
<td>Census night</td>
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<tr>
<td>Mid Aug to late Sept 2016</td>
<td>Household visits</td>
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<td>April 2017</td>
<td>First release of 2016 Census data</td>
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Media inquiries:

National Media Manager, (P) 02 6252 6617 / Census.media@abs.gov.au

The ABS is committed to upholding the privacy, confidentiality and security of all the personal information it collects. Read more about our approach to privacy and our privacy policy on the ABS website.
HOW TO COMPLETE THE CENSUS

August 9 is Census night
It’s our moment to pause and play a role in shaping the future of Australia

It’s important that everyone is counted in the Census
All information collected is secure, confidential and never shared with anyone

YOU CAN COMPLETE THE CENSUS IN ONE OF TWO WAYS.

ONLINE
Completing the Census online is fast, easy, secure and environmentally friendly. You can use any internet-enabled computer or device.

1. From 1 August, households will receive a letter from the ABS with a unique online login code for completing the Census online and information on how to order a paper form.
2. On August 9 go to census.abs.gov.au and login using your unique code.
3. Complete the Census fully and accurately and submit your online form as soon as you’re finished.

PAPER
If you choose, you can complete the Census using a paper form.

1. Call the Census Paper Form Request Line on 1300 820 275 to order a paper form.
2. Complete the Census fully and accurately and return the form as soon as possible via the enclosed Reply Paid envelope.

GET ONLINE ON AUGUST 9
The Census is our moment to pause and play a role in shaping the future of Australia.
Visit census.abs.gov.au for more information.

Australian Bureau of Statistics
Census
census.abs.gov.au
OUR MOMENT TO MAKE A DIFFERENCE
FREQUENTLY ASKED QUESTIONS ABOUT THE 2016 CENSUS

AUGUST 9 IS CENSUS NIGHT. OUR MOMENT TO PAUSE AND MAKE A DIFFERENCE.

What is the Census?
The Census of Population and Housing (Census) is Australia’s largest statistical collection undertaken by the Australian Bureau of Statistics (ABS). For more than 100 years, the Census has provided a snapshot of Australia, helping to shape our nation’s education, health, transport and infrastructure.

When is the next Census?
The next Census will be held on August 9.

What does the Census mean to Australia?
The Census provides important information about Australia’s people and their housing. It helps estimate Australia’s population, which is used to distribute government funds and plan services for your community.

In 2016, the Census will count close to 10 million dwellings and approximately 24 million people, the largest number counted to date.

What should people expect this Census?
From August 1, most households will receive a letter from the ABS, addressed ‘To the Resident’. The letter will include your household’s unique Census Login and instructions on how to complete the Census online, as well as directions on how to order a paper form.

How many people are expected to complete the Census online?
In 2016, more than 15 million people are expected to complete the Census online.

Why go digital?
Completing the Census online is fast, easy, secure and environmentally friendly and helps reduce the cost of the Census to the community.

Can I still complete a paper form?
Yes. If a household is unable to access the internet or would prefer to fill out a paper form, simply call our automated paper form request service. You will need your 12-digit Census Login from the letter you received. Paper forms must be completed and returned in the Reply Paid envelope without delay – don’t wait for a Census Field Officer to collect it.

I have received a paper form. Can I complete it online?
In some locations, households will receive a paper form upfront with the option to complete the Census online. If you’re able to access the internet, just follow the simple instructions on the front of the form to complete it online.

If you complete it online, do not mail back your paper form – please recycle.

Will personal information be shared with other government departments?
No. The personal information which you provide in the Census is not shared with any other government departments or agencies including the police, Australian Taxation Office or Centrelink.

The ABS is legally bound to protect the privacy of all Australians and will not release your information in a way that will identify any individual or household.

What happens to my personal information after the Census?
After data collection and processing, the ABS will remove names and addresses from other household information. Names and addresses will be stored separately and securely from other Census data.

Names and addresses will be destroyed four years after collection or earlier, once there is no longer any community benefit from their retention.

Is the Census compulsory?
Yes. Everyone in Australia on Census night must complete the Census. It’s the law.

Where can I find out more information about the Census?
If you have any questions, like what to do if you’re not home on Census night, how to complete the Census in a share house, or what to do if you don’t receive your letter, please search Census.