



This seven session program aims to provide parents with greater self-understanding as well as enhanced skills for parenting. The program is for those with older primary and high school aged children and seeks to equip parents with a flexible approach to parenting. This will enable them to apply strategies in a way that will best fit their family environment and the particular needs of their children.

The sessions are highly practical with insight and strategies for intact, blended and single parent families based on research and best practice in the fields of psychology, sociology, education and theology.

Sessions cover:
family dynamics,
our family of origin,
birth order, boundaries,
love languages,
communication,
healthy parents

Next course details



Friday 7 August - 18 September 2026
Starts at 5.15pm with a light meal with session starting at 6 pm and finishing at 8pm
Venue: Life Church at 134 Morgans Road,
Cost \$50 pp \$80 per couple or \$40 pp if child is attending Kids with Courage
Apply via QR code or at
<https://lifechurchtimaru.com/careforce-lifekeys>
Phone 03 686 1618
Applications close 31 July 2026

You can fill in the form below and return to the church office or apply online using the QR code on the flyer



Parents with Courage: Course Application

Personal Details:

Name :

Address:

Phone :

Email:

A brief interview is part of the application process. Your acceptance into the program is subject to confirmation. If accepted, you commit yourself to attending the whole program at the agreed cost.

Payment Details

Bank Account Name: Life Church Timaru

Bank Account Number: 03-0887-0281519-00

Cost: see flyer for cost options

Ref: PWC

Declaration:

I acknowledge that I am personally responsible for my physical, mental, emotional, and spiritual well-being, and I will take appropriate steps to maintain or improve these throughout the duration of the program. I understand that Careforce Lifekeys, Life Church staff, facilitators, and fellow participants are not liable for my current or future well-being. I also understand that if my behaviour significantly impacts the well-being or progress of others, I may be asked to leave the course.

Signature:

Date: