

# SIBLING RIVALRY

Two-session workshop by Janet Freemantle (Springfield's school counsellor) and Dr Jackie Stewart (DPhil Psychology)



We invite you to join us as we focus on the challenge of managing sibling rivalry. It can be frustrating and upsetting to watch and hear your children fighting with one another. It is hard to know how to stop them and if or when you should get involved.

There are many different reasons causing conflict between siblings. Join us as we explore the sibling relationship and learn new strategies to help our children resolve conflict and build healthy relationships.

Dates: 15<sup>th</sup> & 22<sup>nd</sup> May

Time: 7:00-9:00pm

Venue: At Springfield, Pre-primary hall.

Cost: R300 pp or R500 per couple for course (we encourage couples but this is not essential).

If you are interested please contact Janet Freemantle - [janfre@sfc.wcape.school.za](mailto:janfre@sfc.wcape.school.za) or call 082 643 5615. Feel free to invite friends or family, this workshop is open to all.