

**NORTH REGION - RELATIONSHIP EDUCATION PROGRAM**

**TERM 4: 6th October – 16th December 2015**

Group	Pre Group Interview	Group Dates	Time	Duration	Address
Parenting After Separation	Mon 19.10.15	Mondays 26 October - 30th November	6.00pm – 8.30pm	6 weeks	Level 1, 68 Waterloo Road, Macquarie Park, NSW 2113.
Taking Responsibility	N/A	Wednesdays 15 <sup>th</sup> July – 11 <sup>th</sup> November	6.00pm – 8.30pm	18 weeks	Level 1, 68 Waterloo Road, Macquarie Park, NSW 2113.
Women Choice & Change	Fri 16.10.15	Fridays 23rd October - 11th December	10.00am – 12.30pm	8 weeks	Level 1, 651 Pittwater Rd, Dee Why, 2099.
Circle of Security	Thu 15.10.15	Thursdays 22 <sup>nd</sup> October – 10th December	6.00pm - 8.30pm	8 weeks	Neutral Bay Community Centre, 109-192 Military Road Neutral Bay, NSW 2089.
My Changing Family & Me	Mon 12.10.15	Mondays 26th October - 7th December	4.00pm – 6.00pm	7 weeks	St John's Church, crn Avon Road and Oaks Avenue, Dee Why, NSW 2099.
Building Healthy Relationships	Year 9 students	Wednesdays 7 <sup>th</sup> October 4 <sup>th</sup> November 18 <sup>th</sup> November	1.30pm – 3.15pm	Monthly sessions	In partnership with Saint Augustine's High School, Brookvale, NSW 2100.
Iranian Women Choice & Change	Mon 12.10.15	Mondays 19 <sup>th</sup> October – 7 <sup>th</sup> December	10.00am – 12.30pm	8 weeks	Christian Community Aid, 10 Lakeside Road, Eastwood NSW, 2122.

Our pre-group interview forms part of the intake assessment for Group. This is how we decide whether the group is a good fit for the client and meets expectations and requirements. The Group facilitators perform these interviews on an individual basis to better understand what your personal circumstances are as this cannot be evaluated by non-clinical staff on the phone.

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## PROGRAM DESCRIPTIONS

### PARENTING AFTER SEPARATION - FOCUS ON KIDS

Parenting after Separation is a six week course for parents who are separated and want to learn more about managing ongoing relationships with former partners while supporting their children. Parents attend separately from their partner. Please note 8 June is a public holiday so the last session will be on 15 June 2015.

Fee: \$240 per parent OR \$120 concession for pension card holders

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### TAKING RESPONSIBILITY

Taking Responsibility is an eighteen week course for men who want to stop violent and abusive behaviour towards their partners and children.

Fee: please speak to Coordinator for costing.

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### WOMEN, CHOICE AND CHANGE

Women Choice and Change is an 8 week program for women who are in or have been in an abusive relationship. It offers women a chance to meet with others who have similar experiences, to talk through issues and look at positive choices and strategies for the future. Fee: FREE COURSE

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### CIRCLE OF SECURITY

The course focuses on how parents can strengthen the relationship with their children, understand their child's behaviour and needs, and respond to meet that need. The course supports Mums and Dads to look beyond a child's obvious behaviour and notice what they actually need from a parent. Fee:

FREE COURSE

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### MY CHANGING FAMILY AND ME

This group is to assist separated parents and their children, aiming to enhance relationships within the family while adapting to the changes as a result of the separation.

Fee: \$105 per parent for 1<sup>st</sup> child, \$45 per parent per additional child

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### BUILDING HEALTHY RELATIONSHIPS

All children and young people have a right to safe and healthy relationships with their family and friends. This group provide an opportunity for participants to discuss their thoughts and understanding on what constitutes a healthy relationship. It aims to increase insight and provide strategies and resources to help young people identify and deal with unhealthy or violent relationships. Fee: please speak to Coordinator for costing.

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