

### Inroads - Open Entry and Men's Behaviour Change groups

The Open Entry and the closed Men's Behaviour Change groups both run at various times throughout the year on Thursday evenings. Please call for an assessment before registering. (Assessment fee \$65 for two assessments / Concession \$35).

#### Open Entry group

This is a weekly ongoing group that can be entered at any time after two assessments. Attended prior to the closed group, it is an opportunity to get used to the group environment and where initial work is commenced.

**Time:** 7 - 9pm

**Cost:** \$35 per session / Concession \$25

#### Men's Behaviour Change group

Upon completion of the work in the Open Entry group, you will attend weekly sessions for 10 weeks in the closed group. This is a behaviour change program for men who have a problem with violent, abusive or controlling behaviour.

**Time:** 7 - 9pm

**Cost:** \$350 / Concession \$300

#### Men Finding Their Way (4 sessions per course)

This program provides men in deteriorating relationships an opportunity to reflect on and make sense of how they respond or react to their partner, in order to manage themselves better and be more satisfied with the outcomes.

**When:** Wednesday

May 2, 16, 30; June 13

July 18; August 1, 15, 29

October 10, 24; November 7, 21

**Time:** 6.30 - 8.30pm

**Cost:** \$140 / Concession \$100

#### Good Connecting (2 sessions per course)

Understand your relationship styles, each other's emotions, discover new ways to resolve conflict and express your needs.

**When:** Saturday

February 25; March 3

May 26; June 2

August 18, 25

November 10, 17

**Time:** 9.30am - 4pm

**Cost:** \$550 per couple

Includes lunch and refreshments



### OTHER INFORMATION

Bookings are essential. A service fee of \$45 will apply if less than seven days' notice is given for cancellation or transfer to a later or different course once registered. There are no refunds once the course has commenced. Concessions may apply for Healthcare card holders. RAV reserves the right to postpone or cancel groups where necessary.

#### Facilitators

All facilitators are experienced educators who come from a wide variety of backgrounds including psychology, social work and mediation.

#### Location

Each course will be held at Kew Centre, 46 Princess Street.

#### Parking

Street parking is available at no cost. There are various time restrictions that apply.

#### Contact

Relationships Education Coordinator  
46 Princess Street, Kew.

#### Phone:

03 9261 8727 or 03 9261 8700

#### Fax:

03 9853 9158

**Email:** [relationshipseducation@rav.org.au](mailto:relationshipseducation@rav.org.au)

For programs offered at other RAV centres across Victoria, call toll free on **1300 364 277** or visit [www.relationshipsvictoria.com.au](http://www.relationshipsvictoria.com.au)

Funded by the Australian Government.

# Improving your relationship skills

Relationships Australia  
VICTORIA



2012 Course information and registration form

**Post Separation Parenting**  
(3 sessions per course)

Understand the effects of separation on children of all ages, and enhance your capacity to manage conflict, parent and co-parent after separation.

**When:** Tuesday  
March 6, 13, 20  
June 5, 12, 19  
August 7, 14, 21  
October 2, 9, 16  
**Time:** 7 – 9pm  
**Cost:** \$150 / Concession \$120  
**For:** Men & Women

**Post Separation Parenting**  
**Men’s Court Ordered group**  
(3 sessions per course)

Please call for an assessment before registering for this group. (Assessment fee \$35)

**When:** Tuesday  
February 14, 21, 28  
May 15, 22, 29  
September 4, 11, 18  
November 13, 20, 27  
**Time:** 7 – 9pm  
**Cost:** \$150 / Concession \$120

**Post Separation Parenting**  
**Women’s Court Ordered group**  
(3 sessions per course)

Please call for an assessment before registering for this group. (Assessment fee \$35)

**When:** Wednesday  
February 15, 22, 29  
May 16, 23, 30  
September 5, 12, 19  
November 14, 21, 28  
**Time:** 6.30 – 8.30pm  
**Cost:** \$150 / Concession \$120

**Positive Parenting and Family Wellness**  
(3 sessions per course)

This course helps parents learn effective ways of dealing with children, developing good family communication, and enhancing their family’s wellbeing.

**When:** Wednesday  
March 7, 14, 21  
June 6, 13, 20  
August 15, 22, 29  
December 5, 12, 19  
**Time:** 6.45 – 8.45pm  
**Cost:** \$150 / Concession \$120

**Women Managing Anger**  
(7 sessions per course)

This program offers an understanding of where your anger comes from, and helps you manage its impact upon you and those around you.

**When:** Tuesday  
May 8, 15, 22, 29; June 5, 12, 19  
July 24, 31; August 7, 14, 21, 28; September 4  
October 23, 30; November 13, 20, 27; December 4, 11  
**Time:** 6.30 – 8.30pm  
**Cost:** \$280 / Concession \$210

**Women Making Choices**  
(8 sessions per course)

If you or other family members have felt threatened or controlled in your relationship, this group will enable you to find a way to help you and your family feel supported to make choices about your future. Please call for an assessment before registering.

**When:** Tuesday  
**Date:** February 7, 14, 21, 28; March 6, 13, 20, 27  
**Time:** 6.30 – 8.30pm  
**Date:** July 31; August 7, 14, 21, 28; September 4, 11, 18  
**Time:** 10am – noon  
**Date:** October 16, 23, 30; November 13, 20, 27; December 4, 11  
**Time:** 6.30 – 8.30pm  
**Cost:** Free of charge

**Relationship Rescue**  
(1 session per course)

A seminar for ‘couples at the crossroads’ who are looking to learn new relationship skills that will help their relationship to last.

**When:** Saturday  
March 17  
June 16  
September 1  
November 24  
**Time:** 9.30am – 4pm  
**Cost:** \$150 per couple  
Includes lunch and refreshments

**Moving On After Separation**  
(4 sessions per course)

This group provides support post-separation. Explore topics such as managing loss and emotions, self-care and letting go.

**When:** Wednesday  
February 29; March 7, 14, 21  
May 23, 30; June 6, 13  
August 8, 15, 22, 29  
November 14, 21, 28; December 5  
**Time:** 6.45 – 8.45pm  
**Cost:** \$160 / Concession \$120

**Understanding Ourselves – Managing Relationships**  
(6 sessions per course)

Explore topics such as managing emotions, personality styles, dealing with conflict, communication and relationship-building skills.

**When:** Wednesday  
February 22, 29; March 7, 14, 21, 28  
May 16, 23, 30; June 6, 13, 20  
August 1, 8, 15, 22, 29; September 5  
October 31; November 7, 14, 21, 28; December 5  
**Time:** 6.30 – 8.30pm  
**Cost:** \$240 / Concession \$180

**REGISTRATION FORM**

**Course list**

- Good Connecting
- Inroads - Open Entry group
- Inroads - Men’s Behaviour Change
- Men Finding Their Way
- Moving On After Separation
- Positive Parenting and Family Wellness
- Post Separation Parenting Men’s Court Ordered group
- Post Separation Parenting
- Post Separation Parenting Women’s Court Ordered group
- Relationship Rescue
- Understanding Ourselves – Managing Relationships
- Women Making Choices
- Women Managing Anger

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Payment:  Cheque  Visa  Money order  Cash  
 Mastercard Amount \$ \_\_\_\_\_

Card No: \_\_\_\_\_

exp: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_