

Parenting

Men, separation and parenting, especially for fathers

Understand fathering issues post-separation and the effect of separation on kids

4 sessions per course

When: Tuesday 10, 17, 24, 31 March

Tuesday 2, 9, 16, 23 June

Tuesday 4, 11, 18, 25 August

Tuesday 24 November; 1, 8, 15 December

Time: 7.00 - 9.00pm Cost: \$140

Positive Parenting & Family Wellness

This course provides an opportunity for parents to learn effective ways of dealing with children, developing good communication in the family and enhancing their family's well-being.

3 sessions per course

When: Wednesday 18, 25 March; 1 April

Wednesday 10, 17, 24 June

Wednesday 12, 19, 26 August

Wednesday 7, 14, 21 October

Time: 6.45 - 8.45pm. Cost: \$135

Key Steps To Parenting After Separation Be an effective sole or co-parent

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

3 sessions per course

When: Thursday 26 February; 5, 12 March

Thursday 14, 21, 28 May

Tuesday 1, 8, 15, September

Tuesday 27 October; 10, 17 November

Time: 7 - 9pm. Cost: \$135

Women's Court Mandated Groups

(Please ring for an assessment)

When: Wednesday February 4, 11, 18

Wednesday April 29, May 6, 13

Wednesday July 15, 22, 29

Wednesday October 7, 14, 21

Time: 6.30pm - 8.30pm. Cost: \$135

Men's Court Mandated Groups

(Please ring for an assessment)

When: Tuesday 3, 10, 17 February

Tuesday 21, 28 April; 5 May

Tuesday 14, 21, 28 July

Tuesday 6, 13, 20 October

Time: 7 - 9pm, Cost: \$135

Who are we?

Relationships Australia (Victoria), known as RAV, is a leading and valued provider of relationship services whose aim is to help Victorians achieve positive, respectful and lasting relationships. A community-based, not-for-profit organisation, RAV has no religious affiliations. We aim to help all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

BOOKINGS ESSENTIAL

Cancellations

A cancellation fee will apply if less than 7 days notice given. No refunds once course has commenced. Concessions may apply for Healthcare cardholders.

RAV reserves the right to postpone or cancel groups without a minimum number of enrolments.

Facilitators

All Facilitators are experienced educators who come from a wide variety of backgrounds including psychologists, social workers, mediators.

Mobile Phones

While mobile phones can be convenient, they can also be distracting. We ask that mobile phones are turned off while attending courses.

Parking

Off-street parking is available at no cost. However, there are various time restrictions that apply.

Relationships Australia

VICTORIA

Enrolments/Registrations

Joanna Barbagallo - Administrator
46 Princess Street, Kew.

Phone: 03 9261 8727 Fax: 03 9853 9158

Email: jbarbagallo@rav.org.au

For programs offered at other Relationship Australia centres across Victoria, call toll free on 1300 364 277. or visit www.relationshipsvictoria.com.au

Promoting relationship skills
LIFE SKILLS GROUP CALENDAR



Building Better Relationships

Relationships Australia

VICTORIA

Courses for couples

Good Connecting

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

2 sessions per course

When: Saturday 21, 28 February

Saturday 2, 9 May

Saturday 13, 20 June

Saturday 8, 15 August

Saturday 17, 24 October

Saturday 28 November; 5 December

Time: 9.30am - 4pm

Cost: \$550 per couple (inc. GST) includes breakfast, lunch and refreshments
\$275 deposit required

Endings and beginnings

Moving On After Separation

This group provides support post-separation. Explore topics such as managing loss and emotions, self care and letting go. A great start to life post-separation, and a chance to meet others in the same boat.

4 sessions per course

When: Wednesday 18, 25 February; 4, 11 March

Wednesday 13, 20, 27 May; 3 June

Wednesday 26 August; 2, 9, 16 September

Wednesday 18, 25 November; 2, 9 December

Time: 6.45 - 8.45pm. Cost: \$140

Life Enhancement

Understanding Ourselves - Managing Relationships

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

6 sessions per course

When: Wednesday 25 February; 4, 11, 18, 25 March; 1 April

Wednesday 20, 27 May; 3, 10, 17, 24 June

Wednesday 12, 19, 26 August; 2, 9, 16 September

Wednesday 4, 11, 18, 25 November

Wednesday 2, 9 December

Time: 6.30 - 8.30pm. Cost: \$210

Managing difficult behaviour

Inroads

This is a behaviour change program for men who have a problem with violent, abusive or controlling behaviour. (please ring for an assessment)

12 sessions per course

When: Thursday 5, 12, 19, 26 February;

5, 12, 19, 26 March; 2, 9, 16, 23 April

Thursday 4, 11, 18, 25 June;

2, 9, 16, 23, 30 July; 6, 13, 20 August

Thursday 24 September; 1, 8, 15, 22, 29 October;

5, 12, 19, 26 November; 3, 10 December

Time: 7- 9pm. Cost: \$420

Pathways: Women Managing Anger

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

7 sessions per course

When: Thursday 12, 19, 26 February; 5, 12, 19, 26 March

Thursday 14, 21, 28 May; 4, 11, 18, 25 June

Thursday 6, 13, 20, 27 August; 3, 10, 17 September

Thursday 29 October; 5, 12, 19, 26 November;

3, 10 December

Time: 6.30 - 8.30pm. Cost: \$245

Women's Support Group

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 ring for an assessment)

8 sessions per course

When: Tuesday 10, 17, 24 February; 3, 10, 17, 24, 31 March

Time: 10am - 12pm. Cost: No Charge

Tuesday 5, 12, 19, 25 May; 2, 9, 16, 23 June

Time: 6.30 - 8.30pm. Cost: No Charge

Later/further session to be advised

Registration form

Course list

- Men, Separation and Parenting
- Positive Parenting and Family Wellness
- Key Steps to Parenting After Separation
Be an effective sole or co parent
- Key Steps to Parenting After Separation
(Women's Court Mandated)
- Key Steps to Parenting After Separation
(Men's Court Mandated)
- Good Connecting
- Moving on After Separation
- Understanding Ourselves
Managing Relationships
- Inroads
- Pathways: Women Managing Anger
- Womens Support Group

Name: _____

Address: _____

_____ P/code: _____

Telephone: _____ Mobile: _____

Email: _____

Payment: Cheque Visa Money order Cash

Mastercard Amount \$ _____

Card No:

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exp: _____

Signature: _____

