

Course Calendar

July - November
2008

Relationship Enhancement
& Personal Development

08

EAST PERTH:

Street Address:
23 Adelaide Terrace, East Perth
Postal Address:
GPO Box C138 East Perth WA 6839
Phone: 9263 2121 Fax: 9325 8969

JOONDALUP:

Sanori House, 126 Grand Boulevard
Phone: 9301 8550 Fax: 9301 0725

Email: edu.kinway@anglicarewa.org.au

www.kinway.org.au
www.anglicarewa.com.au

You can pay by:
Cheque, Cash or Credit Card before
commencement of workshop.

PLACES LIMITED BOOK EARLY

Registrations close 5 working days
before course commences

**NO REFUNDS WITHIN 5 WORKING DAYS
OF COURSE COMMENCEMENT**

ANGLICARE
CHANGING LIVES WA

Fathering after Separation

Duration: 2 hour seminar, 6.30pm - 8.30pm
East Perth: Wednesday 6 August, 5 November
Joondalup: Wednesday 27 August, 5 November
Cost: Free (light refreshments provided)

This seminar explores how to develop and maintain the bond between father and child following separation.

NEW Real Men in Real Relationships

Duration: Saturday 9.30am - 4pm
East Perth: 30 August, 15 November
Joondalup: 18 October
Cost: \$66 / 33 concession (light refreshments provided)

Jealousy, resentment, disappointment, hurt. Are you experiencing these in your relationships? Want to find out how real men feel good about themselves and have fulfilling relationships? The Real Men in Real Relationships workshop will assist you in just one day to better understand yourself, your partner and develop strategies and skills to transform your life.

Family and Domestic Violence Programmes

Changing Tracks

Duration: 18 week course
Cost: \$ 22 / \$11 concession per session
Open program enquire for dates:
East Perth 9263 2050, Joondalup 9301 8550

To support men to 'Change Tracks' from anger and abuse to healthy, effective communication and behaviour in relationships.

Reclaiming Our Lives & Moving On

Duration: 8 weeks, 10am - 12pm
East Perth: Friday 1 August
Empowering female victims of family and domestic violence, assisting them to 'Reclaim their Lives' by exploring safety options and providing information and services for support.

Reclaiming Our Lives & Self Esteem

Duration: 8 weeks, 10am - 12pm
East Perth: Friday 17 October
This course assists female victims of family and domestic violence, by empowering them to 'Reclaim their Lives' by developing their self esteem.

Prepare and Enrich Questionnaires

Cost: \$180 per couple
To register ring: East Perth 9263 2121, Joondalup 9301 8550
Prepare is for those who are getting married or beginning a committed relationship. Enrich is for those in an existing relationship. The questionnaire has 165 questions covering 12 aspects of the couple's relationship. Topics include communication, conflict resolution, sex, family and friends, roles and financial planning. The questionnaire is completed on the first session and feedback is given to the couple in the following two one-hour sessions.

NEW Couple Care (At home course)

Duration: 6 weeks
Cost: \$190
To register ring: (08) 9263 2121
Couple CARE is designed to be completed by couples at home, supported by regular telephone calls from a educator. The program provides each couple with a DVD and guidebook. Couple CARE enriches a couple's relationship by helping them to: Assess their relationship strengths and vulnerabilities, define the relationship they want, develop key relationship skills and identify individual actions to strengthen their relationship.

Men's Programmes

To register phone: MensTime East Perth 9263 2121
Joondalup 9301 8550

Emotions and Separation

Duration: 2 hour seminar, 6.30pm - 8.30pm
East Perth: Wednesday 23 July, 17 September
Joondalup: Wednesday 16 July, 1 October
Cost: Free (light refreshments provided)
Separation can be traumatic. The loss of a relationship generates new and confusing emotions. This seminar gives strategies and skills to overcome and manage the trauma of separation

Men Emerging from Depression

Duration: 5 Weeks, 6.30pm - 8.30pm
East Perth: Thursday 24 July, 18 September, 13 November
Cost: \$66 / \$33 concession (light refreshments provided)
Depression affects men from all walks of life from high-ranking officials to the Aussie battler. This five week self help course assists men address the symptoms of their depression using proven methods.

Survival Skills for Healthy Families

Duration: 5 Tuesday evenings 6pm - 8pm
Commences: Joondalup 29 July
Cost: \$88 per family / \$44 concession
(light meal provided)

This innovative course created by George Doub is for all the family. Children and adolescents along with their parents are invited to contribute to the discussions as well as learning and practicing new skills. Topics include: family leadership, mentoring, parenting, conflict resolution, communication and boundaries.

NEW The Dance of Communication

Duration: 6 Weeks, evenings 6.30pm - 8.30pm
Commences: East Perth Wednesday 13 August, 5 November
Cost: \$132 couple / \$110 concession
Good communication is like a dance. Learn about self-expression, listening, fair fighting, assertiveness, conflict resolution and problem solving so you and your partner can dance to the same beat.

Step Families

Duration: 3 evenings 6.30pm - 8.30pm
Commences: Joondalup Wednesday 10 September, East Perth Wednesday 12 November
Cost: \$66 / 33 concession
This course uncovers the complexities of step families. Common difficulties and possible solutions will be explored, along with strategies to enhance your relationship with your partner and children. Learn new skills to make your step family a good place for everyone.

Enriching & Preparing for Relationships and Marriage

Becoming Partners for Life

Duration: Friday 6.30pm - 8.30pm & Saturday 9.30am - 4pm
Commences: East Perth: 8 August, 19 September, 24 October, 28 November
Joondalup: 29 August, 3 October
Cost \$110 per couple / \$99 concession
This workshop assists couples starting out in their relationship, or preparing to get married, to build and sustain meaningful relationships.

REGISTRATION FORM

Book early to avoid disappointment

No refunds within 5 working days of courses

Workshop date:

Location:.....

Course name:.....

Name:.....

Address:

.....Postcode:

Phone: (work) (home).....

Email:.....

How did you hear about our course?

.....

.....

.....

Enclosed please find my cheque/postal order

Please make cheques payable to:

AnglicareWA, PO Box C138, East Perth WA 6839

Or please bill my:

Mastercard Visacard Bankcard

For \$.....

Name on card:.....

Card no: / /

Expiry date: /

Signature:.....

Locations and Bookings:

23 Adelaide Terrace, East Perth

Telephone: 9263 2121

Sanori House, 126 Grand Boulevard, Joondalup.

Telephone: 9301 8550

One Night Seminars (2hrs)

Time: 6.30pm – 8.30pm

Cost: \$ 22 / \$11 concession

Bookings & Enquiries:

East Perth 9263 2121, Joondalup 9301 8550

We Can Work it Out (Conflict Resolution)

Joondalup: Tuesday 1 July

Conflict is inevitable in all relationships at times. This seminar gives participants an understanding of conflict while exploring creative strategies for managing it so that relationships are strengthened.

Introduction to Step-Parenting

East Perth: Wednesday 9 July, 1 October

Joondalup: Thursday 17 July

This seminar raises the many challenges stepfamilies face and identifies some helpful strategies for parenting. Common difficulties and alternative solutions will be explored.

Sex, Intimacy and Relationships

East Perth: Wednesday 16 July, 24 September

Intimacy and sexuality are essential for a fulfilling and resilient relationship. Learn new ways to connect and enjoy each other.

Languages of Love

East Perth: Wednesday 16 July, 24 September

Joondalup: Wednesday 2 July

Imagine what your relationship would be like if you and your partner were able to identify each others emotional needs and meet them? This seminar introduces the five languages of love and helps you better understand how to express and receive love.

Understand Your Adolescent

East Perth: Wednesday 30 July, 22 October

Joondalup: Thursday 16 October

Learn how to connect with your adolescent and to better understand why they behave the way they do.

Making Couple Relationships Better

East Perth: Wednesday 30 July, 29 October

Joondalup: Thursday 23 October

This seminar will explore what makes a good relationship, the stages of a relationship and the pitfalls relationships can encounter. We will use John Gottman's love maps to help you develop a stronger relationship.

Languages of Love and Children

East Perth: Wednesday 6 August, 29 October

Joondalup: Thursday 20 November

Gary Chapman, author of Five Love Languages for Children, says "Loving our children isn't always enough. Learning to speak their love language communicates your love in ways they'll understand right from the beginning." This seminar will provide you with the skills to understand the way your child wants to be loved.

Changing Negative Thinking

East Perth: Wednesday 13 August, Tuesday 18 November

It is common for us to think our way into negative moods. This seminar will identify some of the unhelpful thinking patterns and provide strategies for replacing them with positive ones. Positive thinking will improve your outlook on life.

Where to Next (After Separation & Divorce)

Joondalup: Thursday 14 August, 9 October

The end of a relationship can be painful and make us question who we are. This seminar gives a brief overview of some of the issues associated with the separation process such as anger, self esteem and forgiveness. Practical strategies on how to move on will be explored.

Self Esteem

East Perth: Wednesday 20 August, 15 October

Joondalup: Wednesday 3 September, Thursday 13 November

Having healthy, positive self esteem makes us feel good about who we are and affects everything we do. This seminar will challenge negative beliefs about ourselves and plan strategies for building and maintaining positive self esteem.

Stress Busters for Busy People

Joondalup: Thursday 30 October

This fun and creative seminar looks at some common causes of stress and identifies some strategies for managing it.

Saturday One Day Workshops

Time: 9.30am – 4pm

Cost: \$ 66.00 / \$44 concession

Bookings & Enquiries:

East Perth 9263 2121, Joondalup 9301 8550

Managing Distressing Emotions

East Perth: 5 July, 13 September

This workshop examines the what, why, how and when of emotions. Learn the principles for managing your distressing emotions and improve your life.

Creating Couple Closeness: Sex and Intimacy

East Perth: 5 July, 20 September

Intimacy and a satisfying sex life are important to a marriage or partnership. If you feel your relationship has something missing and you would like to add spice to your love life, this workshop is for you. It's a fun course intended to help couples create a closer, more intimate relationship with each other.

Personality & Communication

East Perth: 2 August, 13 September

Additional Cost: \$22 inventory

Using the Myers-Briggs Type Indicator, consider the implications of your personality preferences for your communication, partnering, parenting, and emotional styles.

Assertive Communication

East Perth: 23 August, 4 October

Guarded, hostile or ineffective communication styles can disable relationships. Assertiveness is about maintaining your own rights without disrespecting the other person's rights. Learn the verbal skills to ask for what you want, say no when you need to and express your feelings.

NEW Stuck?

East Perth: 23 August, 29 November

Explore the challenges of adult love and discover how to create safety in a relationship. Learn to give love generously. Are you open to receiving love? If not, realise your blocks to love. Use conflict as a path to growth and healing. Have fun.

Courses

NEW 123 Magic for Families with Children Under 12

Duration: 3 Weeks 6.30pm - 8.30pm

Commences: Joondalup Tuesday 8 July, 18 November

Cost: \$66 / \$44 concession

123 Magic is a popular international parenting program

that is easy to learn and very effective. Parents will learn; How to stop kids doing what you don't want them to do e.g. tantrums, whining; How to get your kids to start doing what you want them to do e.g. chores, going to bed; Ways to strengthen your relationship with your kids.

Challenging the Fury Within: Strategies for Regulating Anger

Duration: 2 Saturdays 9.30am – 4pm

Commences: East Perth: 12 July, 18 October

Cost: \$110 / \$88 concession

We may not always be able to control what happens to us, but we can learn to regulate our emotional response to setbacks. Learn a range of skills to address those distressing angry emotions, which may otherwise put your health and relationships at risk.

Rebuilding Your Life after Separation or Divorce

6 Week Course: Weeknights 6.30pm - 8.30pm

Commences: East Perth Tuesday 22 July, 18 October

Duration: 4 Saturdays 9.30am - 12.30pm

Cost: \$110 / \$88 concession

This course is designed to help people move on after separation and divorce. It will help participants explore feelings, gain an understanding of the process of separation, rediscover self and learn new relationship skills.

NEW Teen Positive Parenting Program

Duration: 4 evenings 6.30pm - 8.30pm, 3 phone calls

Commences: Joondalup Wednesday 23 July, Tuesday 21 October

Cost: \$66 / \$44 concession. Plus workbook \$20

Teen Triple P is an internationally renowned parenting program for every family with children aged 12 to 16 years. This course will help parents understand their teen's behaviour; learn how to manage it more effectively and how to build a positive relationship with their child.

IMAGE – Love the Skin You're In

Duration: 2 Saturdays 9.30am - 12.30pm

Commences: East Perth 26 July, 20 September

Cost: \$66 / 33 concession

Two interactive sessions designed to improve self-esteem and value your unique abilities and attributes. Develop understanding of the roots of low-self esteem and explore ways to love your physical, mental and emotional self.