

## MEN'S PROGRAMMES

All workshops at 23 Adelaide Terrace, East Perth.

To register phone: (08) 9263 2050

### The Dating Game

Cost: \$22 / \$11 concession

Time: Two Thursday evenings 6:30-8:30pm

Date: 31 August / 7 September & 19/26 October

It has been said that the purpose of a first date is to decide whether or not to have a second one. This seminar will look at how to play the dating game - impress your potential partner while maintaining integrity.

### Men Emerging from Depression

Cost: \$66 / \$33 concession

Duration: 5 Thursday evenings 6:30- 8:30pm

Commences: 27 July, 14 September, 2 November

Depression strikes men from all walks of life, from the high powered official to the Aussie battler. This course offers men skills to recognise and manage their depression.

### Dads & Kids Together

Cost: \$11 /per session

Duration: 8 weeks

Commences: 27 July & 19 October

This course is for separated fathers who wish to learn strategies and skills that will help them to establish and strengthen their relationship with their children.

### Getting off the Roller Coaster of Relationships

Cost: \$44/\$33 concession

Duration: 4 weeks 6:30-8:30pm

Commences: Tuesday 25 July

Getting off the Roller Coaster of Relationships is a programme for men aged 18-30 to help them to understand and release the emotions that drive an angry way of life, and that get in the way of having excellent intimate relationships.



## MENSTIME SEMINARS

These four 2 hour seminars may be attended as one-off individual units or as part of a four-week series.

They are held on Tuesday evenings from 6:30-8:30

Cost: \$11

4 Sessions: \$33

For further information contact: 9263 2050

### Survival Skills for Separated Fathers

#### SEMINAR 1: Emotions and Separation

Date: Tuesday 12 September

Separation can be painful; thoughts of 'getting even' can take over. This seminar gives an overview of the grief process and provides guidelines in managing your relationship with your children's other parent.

#### SEMINAR 2: Fathering after Separation

Date: Tuesday 19 September

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

#### SEMINAR 3: Family Court Processes

Date: Tuesday 26 September

This seminar will introduce participants to the family court process regarding separation and child residency.

#### SEMINAR 4: Managing Financial Change

Date: Tuesday 3 October

Divorce and separation can be expensive. This seminar helps participants to understand and resolve the financial issues that arise from separation.

## DOMESTIC VIOLENCE PROGRAMMES

### Changing Tracks

Cost: \$ 22 / session \$11 concession

Duration: 18 Wednesday evenings 6:30-8:30pm

This programme exists to enable men to change tracks from anger and violence in relationships to healthy communication and behaviour.

Open program enquire for dates: 9263 2050

### Reclaiming our Lives & Moving On

Cost: \$5.00 / session

Duration: 8 weeks, 10-12:30pm

Commences: Monday 31 July

This course supports female victims of family and domestic violence to 'Reclaim their Lives' by exploring safety options and providing information about services and support.

### Reclaiming our Lives & Self Esteem

Cost: \$5.00 / session

Duration: 8 weeks, 10-12:30pm

Commences: Monday 16 October

This course assists female victims of family and domestic violence, by empowering them to 'Reclaim their Lives' and develop their self esteem

## MUMS & DADS FOREVER PROGRAMME

### For Separated Parents

Cost: Assessment \$20/\$10 concession

Group \$50/\$25

Time: Morning and evening groups available at a range of locations

Mums and Dads Forever assists separated parents to manage their conflicts over child contact arrangements and to develop an understanding of the emotional impact of family separation on their children. Services offered include individual counselling, workshops and mediation.

Enquiries: Phone: 9263 2050

### Kids & Separation

Cost: Assessment \$25/\$10 concession

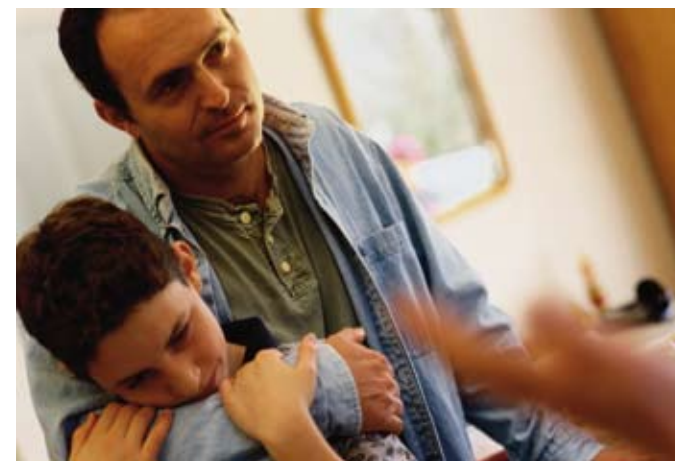
Group \$50/\$25

Two groups are available for children 6-9 years or 10-12 years

Groups are run during each school term  
4:15-5:45pm. Day to be advised

This group will provide a fun environment for children whose parents have separated to share experiences, make sense of change and develop helpful ways of coping.

Enquiries: Phone: 9263 2050



### Are the Facilitators qualified?

All KinWay staff have tertiary qualifications with many having post graduate qualifications. All staff are supervised and undertake ongoing training and professional development.

### Confidentiality

All facilitators are bound by an Oath of Confidentiality in relation to group sessions. However, in the event that there is a threat to an individual's safety, adult or child, confidentiality may be waived.

**KinWay**  
Relationship Counselling, Education & Training

23 Adelaide Terrace, East Perth  
GPO Box C138 East Perth WA 6839

Phone enquires:

**9263 2050**

or fax: 9325 8969

kinway.perth@anglicarewa.org.au

www.kinway.org.au

You can pay by:

Bankcard, Cheque, Cash before commencement of workshop.

**PLACES LIMITED BOOK EARLY**

Registrations close 4 working days before course commences.

**ANGLICARE**  
CHANGING LIVES WA

**KinWay**  
Relationship Counselling, Education & Training

# Course Calendar

July - December

**2006**



Relationship Enhancement  
& Personal Development

**06**

**ANGLICARE**  
CHANGING LIVES WA

## REGISTRATION FORM

*Book early to avoid disappointment*

**No refunds within 4 working days of courses**

Workshop date:.....

Location: .....

Course name: .....

Name:.....

Address:.....

..... Postcode: .....

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

Email: .....

How did you hear about our course?

.....

.....

.....

All prices inclusive of GST

**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:   /

 **Kim Way**  
Relationship Counselling, Education & Training

Signature:.....

### ONE NIGHT SEMINARS (2 HRS)

These seminars are held on weekday evenings from 6:30–8:30 at 23 Adelaide Terrace, East Perth.

They offer information on a range of important relationship issues as well as providing a 'taster' for our longer courses.

**Cost: \$22 Concession: \$11**

*For further information or to book contact: 9263 2050*

### Making Couple Relationships Better

**Tuesday 4 July, Wednesday 6 September**

This seminar will examine what makes a good relationship, the stages of a relationship and the pitfalls relationships can encounter. We will draw from John Gottman's love maps for developing a stronger relationship.

### Self Esteem

**Wednesday 5 July, 20 September**

Self esteem is a reflection of how valuable we think of ourselves as human beings and affects everything we do. In this seminar we will challenge negative beliefs about ourselves and plan strategies for building and maintaining positive self esteem.

### Where to Next

**(After Separation & Divorce)**

**Tuesday 11 July, Wednesday 13 September**

The end of a relationship can be painful and make us loose our sense of 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 and includes practical strategies on how to move on.

### Aging & Intimacy

**Wednesday 12 July**

Our need for intimacy in later adulthood is just as real as it was in our twenties. This seminar will offer tips on how to meet our intimacy needs as we age.

### Smart Partnering

**Tuesday 18 July**

This innovative seminar examines how personality and behavioural styles, family of origin issues and life experiences may contribute to your choice of partner

### Stress Busters for Busy People

**Wednesday 19 July**

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

### Introduction to Step-Parenting

**Tuesday 25 July, 19 September**

This seminar explores the many challenges stepfamilies face and identifies some helpful strategies for parenting.

### Celebrating Your Adolescent

**Tuesday 1 August, 27 September**

This seminar gives parents some insights into their adolescent's behaviour and explores ways to strengthen that relationship.

### We Can Work it Out

**(Conflict Resolution)**

**Tuesday 8 August, 17 October**

Not only is conflict inevitable in relationships, it is crucial. This seminar seeks to give participants an understanding of conflict while exploring creative strategies for managing it constructively.

### Sex, Intimacy and Relationships

**Wednesday 9 August, 8 November**

Intimacy is central to a fulfilling relationship, the gateway to more enjoyment of one another, and enhanced sexual connection.

### Languages of Love

**Tuesday 5 September, Wednesday 29 November**

Learn a second language! According to Gary Chapman, each of us has a primary love language which we may or may not share with a loved one. Identify your love language and how to communicate your love meaningfully to others in your life.

### Changing Negative Thinking

**Wednesday 13 September, 15 November**

It is common for us to think our way into negative moods. This seminar will identify some of the distorted thinking patterns that can darken our days and provide strategies for replacing them with positive patterns.

### SATURDAY ONE DAY WORKSHOPS

Time 9:30-4:30pm at our East Perth office

**Cost: \$66 Concession: \$44**

*For further information contact: 9263 2050*

### Managing Distressing Emotions

**1 July, 9 September, 18 November**

Emotion is the source of life's colour and distress. This workshop examines the what, why, how and when of emotion, together with principles for managing distressing emotions.

### Assertive Communication

**22 July, 23 September, 25 November**

Guarded, hostile or ineffective communication styles can disable relationships. Assertiveness is about maintaining your own rights without doing violence to the other person's rights. Learn the verbal skills to protect your interests without inflaming the situation.

### Sex & Intimacy: Creating Couple Closeness

**30 September, 25 November**

Intimacy and a satisfying sex life are important to a marriage or partnership. If your relationship has lost its spark or you would like to add spice to your love life, this course may be right for you. This fun, interactive workshop is intended to stimulate thoughts and feelings and includes activities that will help participants to create a closer, more intimate relationship with their partner.

### COURSES

### Couple Communication Skills

**Duration: 6 Weeks**  
**Wednesday evenings 6:30-8:30**

**Commences: 26 July & 18 October**

**Cost: \$132/couple, \$110/concession. Book \$22**

Every relationship has ups and downs. Spend more time enjoying each other by learning new skills in self-expression, listening, fair fighting, assertiveness, conflict resolution and problem solving.

### Rebuilding Your Life after Separation or Divorce

**Duration: 6 Week Course**

**Commences: Tuesday 24 October 6:30 - 8:30pm or**

**Duration: 4 Saturday mornings 9:30am - 12:30pm**

**Commences: 5 August**

**Cost: \$110/\$88 concession Rebuilding Book \$26**

Based on Bruce Fishers book Rebuilding this course is designed to help people move on after separation and divorce. It will help participants to explore their feelings, gain an understanding of the process of separation, be empowered and learn new skills.

### Challenging the Fury Within: Strategies for Regulating Anger

**Duration: 2 Saturdays 9:30-4:30pm**

**Dates: 5/12 August, 21/28 October**

**Cost: \$110/\$88 concession**

Anger can be a very powerful emotion and can wreak havoc with our health and relationships. This course will examine the physiological and psychological aspects of anger, the health consequences of letting anger dominate us and effective strategies for helping us to stay in charge.

### Step Families

**Cost: \$66/\$33 concession**

**Duration: 3 Tuesday evenings 6:30-8:30pm**

**Commences: 15 August**

Explore the complexities of step families in this unique course. Develop strategies to maintain and enhance your relationship with your partner and children. Family members can learn how to make their step family work for them.

### IMAGE – Love the Skin You're In

**Cost: \$66/\$33 concession**

**Duration: 3 Wednesday evenings 6:30-8:30pm**

**Commences: 16 August, 18 October**

These three sessions are designed to improve self-esteem and help you to value your unique abilities and attributes. Develop an understanding of the roots of low-self esteem and explore ways to love your physical, mental and emotional self.

### PREPARING FOR RELATIONSHIPS AND MARRIAGE

### Becoming Partners for Life

**Dates: 28/29 July, 15/16 September, 20/21 October, 1/2 December**

**Friday 6:30-8:30pm & Saturday 9:30-4:30pm**

**Cost: \$110/couple \$99 concession**

Whether you are starting out in your relationship or preparing to get married, this workshop will help you to build and sustain a meaningful relationship.

### Prepare and Enrich Questionnaires

**Cost: \$180 per couple**

Prepare is a questionnaire for couples who are getting married or beginning a committed relationship. It includes 165 questions covering 12 aspects of your relationship such as parenting, conflict resolution, sex, finances and communication and is an invaluable tool for highlighting key areas for work. Enrich is a similar questionnaire targeted for couples already married or committed.

These programmes involve three sessions: The couple will complete their questionnaires in the first session and will have a chance to discuss the feedback during the following two one-hour sessions.

**To register ring: (08) 9263 2050**

**COURSES CONTINUED OVER....**