

## SATURDAY ONE DAY WORKSHOPS

TIME: 9.15AM – 4PM

COST: \$ 82.50 / \$55 CONCESSION - GST INCLUDED

BOOKINGS & ENQUIRIES: EAST PERTH 9263 2121

### Challenging the Fury, Assertive Communication and Self Esteem and Changing Negative Thinking

are a group of three workshops which complement each other. They may be attended individually, but most benefit is gained by attending all three.

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

East Perth: Saturday 6 August, Saturday 5 November

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.

### Assertive Communication

East Perth: Saturday 13 August, Saturday 12 November

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.

### Self Esteem and Changing Negative Thinking

East Perth: Saturday 20 August, 19 November

This workshop will empower you to begin the journey of recognising and challenging unhelpful thoughts and beliefs. Unhelpful thinking can stop you from reaching your full potential and cause you to feel badly about yourself. Everyone has unhelpful thinking at times, but often it has become so ingrained that it goes unchallenged. This seminar can help you to make a difference in your own life by recognising and challenging thoughts and beliefs that hold you back.

## MEN'S PROGRAMMES: MENSTIME

TO REGISTER PHONE: MENSTIME'  
EAST PERTH (08) 9263 2121

### Real Men and Real Relationships

Duration: Saturday 9:15am - 4pm  
East Perth: 10 September  
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 and 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.

### Fathers Empowering Sons

Duration: 4 Saturday mornings, 10.30am - 12.30pm  
Plus an overnight camp at Fairbridge Farm  
East Perth: will run with suitable numbers  
CAMP - Fairbridge TBA  
Cost: TBA

This is an exciting new program with the potential to have significant positive impact for dads in our community. The group is aimed at dads who have sons aged between 6-12 and free to commit for 5 weeks on a Saturday morning 10:30am to 12:30pm. The program will run four group sessions with the dads, and then on the fifth week go on a retreat to Fairbridge with their sons to consolidate and build momentum.

### Emotions and Separation

Duration: 2 hour seminar, 6.00pm - 8.00pm  
East Perth: Wednesday 24 August  
Cost: \$30 / \$11 concession

(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.

### Fathering after Separation

Duration: 2 hour seminar, 6.00pm - 8.00pm  
East Perth: Wednesday 14 September  
Cost: \$30 / \$11 concession  
(light refreshments provided)

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

## FAMILY & DOMESTIC VIOLENCE

TO REGISTER PHONE:  
EAST PERTH (08) 9263 2050

### Changing Tracks

Duration: 24 week course  
Cost: \$ 22 / \$11 concession per session  
Wednesday Night at East Perth  
(Open program enquire for dates): 9263 2050

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,  
East Perth: Friday 10am - 12pm

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,  
East Perth: Friday 10am - 12pm

This course assists female victims of family and domestic violence by empowering them to 'Reclaim their Lives' by developing their Self Esteem.

## TESTIMONIALS

“

*I found the facilitator's style helpful and enjoyable.  
Explanations were clear and discussions lively.*

*The practicality of the course was beneficial.  
Good examples of what may happen and how to handle it.*

”

## 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: 9263 2121

Email: edu.kinway@anglicarewa.org.au

[www.anglicarewa.org.au](http://www.anglicarewa.org.au)

You can pay by:

Cheque, Cash or Credit Card before commencement of workshop.

**Book early as spaces are limited!**

Registrations close 5 working days before course commences

**Please be aware that there are no refunds within 5 days of course commencement**

**ANGLICARE**  
CHANGING LIVES WA

ABN 32 797 454 970

**ANGLICARE**  
CHANGING LIVES WA

# Course Calendar July - December 2011

*Relationship Programmes &  
Personal Development*



**KinWay**  
Relationship Counselling, Education & Training

# REGISTRATION FORM

Book early to avoid disappointment

## No refunds within 5 working days of course

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

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

Postcode: \_\_\_\_\_

Phone: (w) \_\_\_\_\_ (m) \_\_\_\_\_

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

Profession: \_\_\_\_\_

How did you hear about our courses? \_\_\_\_\_

\_\_\_\_\_

### Course Details

Course: \_\_\_\_\_ Date: \_\_\_\_\_

Course: \_\_\_\_\_ Date: \_\_\_\_\_

Course: \_\_\_\_\_ Date: \_\_\_\_\_

Enclosed please find my cheque/postal order

### Please make cheques payable to:

Anglicare WA

GPO Box C138, East Perth WA 6839

### Or please bill my

Mastercard

Visa

Total (inc. GST): \$ \_\_\_\_\_

Name on Card: \_\_\_\_\_

Card # : \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_

Expiry Date: \_\_/\_\_/\_\_

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

**This form constitutes a Tax Invoice when completed and payment is made.**

ABN 32 797 454 970

# LOCATIONS AND BOOKINGS

23 Adelaide Terrace, East Perth  
Sanori House, 126 Grand Boulevard, Joondalup

Telephone for bookings: (08) 9263 2121

**SOME SEMINARS, WORKSHOPS AND COURSES  
MAY BE HELD AT YOUR VENUE**

Telephone 9263 2121 to discuss availability and cost

## Love at first sight -Love with insight

At high schools/youth groups by request

Dating and relationships require insight and skill that people often gain from experience. Negotiating the twists and turns of adolescence does not always allow time for reflecting on who you are and what you want - or need. This seminar can help young people to engage with their core values to enable them make decisions that suit their unique circumstances.

## Let Kids be Kids

Children are constantly being "bombarded" with exposure to sexually provocative material. There is an increasing concern amongst parents and professionals about the impact of this on the physical, mental and emotional well being of children. This seminar gives parents strategies to help protect children and help them develop a healthy sense of self.

# ONE NIGHT SEMINARS (2HRS)

**TIMES: 6.15PM – 8.30PM**

**COST: \$27.50 OR \$16.50 CONCESSION  
GST INCLUDED**

## Raising Emotionally Resilient Children

**East Perth: Wednesday 3 August, Wednesday 19 October  
Joondalup: Tuesday 15 November**

Would you like your children to be resilient and know how to manage difficulties in life? This two hour seminar can show you how to improve your child's emotional intelligence to increase their resilience, concentration, friendships and even help them through difficult times such as divorce or grief and loss.

## Conflict Resolution

**East Perth: Wednesday 17 August, 19 October**

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

## Languages of Love

**East Perth: Wednesday 17 August, 9 November**

Imagine what your relationship would be like if you and your partner could 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.

## Self Esteem and Changing Negative Thinking

**East Perth: Wednesday 28 September. 30 November**

It is common for us to think our way into negative moods. This seminar will identify why we think negatively, and help you to begin challenging old thinking patterns. Positive thinking will improve your self esteem and your outlook on life.

## Languages of Love and Children

**East Perth: Wednesday 31 August, 30 November**

**Joondalup: Tuesday 26 July**

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 insight into your child's own love language.

## The Five Languages of Apology

**East Perth: Wednesday 27 July, 9 November**

Based on the book by Gary Chapman and Jennifer Thomas, this seminar explores the five languages of apology. You will discover how to restore your relationships in a way that is more likely to reach the heart of your loved ones. This is a great seminar for parents, couples, friends and relatives. If you are not perfect but value high quality relationships, then this seminar is for you.

## Love Languages and Teenagers

**East Perth: Wednesday 3 August**

Many people find it easier to demonstrate love to younger children but it can seem difficult to know how to demonstrate love to teenagers. This seminar explores the love languages and how parents might communicate love with their teens and young adults

# COURSES

## Step Families

**Duration: 6 consecutive Wednesday evenings 6.15pm - 8.30pm**

**East Perth: 24 August**

**Cost: TBA**

Share experiences and add to your skills to make your stepfamily even stronger. Stepfamilies face unique challenges which are not always recognized and different strategies are often needed to meet family needs. Topics include: Influences from the past, Living with someone else's children, The discipline challenge, New roles and strengthening the couple relationship.

## Improve and Understand Your Couple Relationship

**Duration: 3 consecutive Monday evenings 6.15pm - 8.30pm**

**Commences: East Perth 8 August**

**Cost per couple: \$165 / \$110 concession (GST Inc)**

Understand how personality differences can cause misunderstandings. Learn about conflict resolution so you and your partner can care for each other more deeply. Uncover destructive patterns of relating and learn new helpful patterns that really make a difference.

## New 'Confident Parenting' for parents of teens

**Duration: 4 consecutive Tuesday evenings 6.15pm – 8.30pm**

**Joondalup: Commences 18 October**

**Cost: \$ 82.50 / \$55.00 concession (GST Inc)**

This four week course explores the challenges of being a parent of a teenager and aims to build parent confidence and skills to tackle these challenges. Establishing reasonable expectations, using helpful communication and applying skills in managing emotions can enhance your teen's ability face to manage their own challenges and make the ride smoother for everyone.

## 123 Magic for Families with Children Under 12

**Duration: 3 consecutive Weeks 10.15am – 12.00 noon**

**Commences East Perth: Monday 5 September**

**Duration: 3 consecutive Weeks 6.15pm – 8.30pm**

**Commences East Perth: Monday 7 November**

**Duration: 3 consecutive Weeks 6.15pm – 8.30pm**

**Commences Joondalup: Tuesday 6 September**

**Cost: \$92.50 / \$65 concession includes work book (GST Inc)**

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.

# ENRICHING & PREPARING RELATIONSHIPS & MARRIAGE

## Improve and Understand Your Couple Relationship

**(See the courses section in this calendar for details)**

## Becoming Partners for Life

**Duration: 9.15am - 4pm**

**East Perth: Saturday 10 September, Saturday 12 November**

**Cost per couple: \$165 per / \$110 concession (GST Inclusive)**

This workshop assists couples starting out in their relationship, or preparing to get married, to build and sustain meaningful relationships.

## Couple Care (At home course)

**Duration: 6 weeks**

**Cost: \$220**

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

**Joondalup (08) 9301 8550**

CoupleCARE is designed to be completed by couples at home, supported by regular telephone calls from an educator. The program provides each couple with a DVD and guidebook.

## Prepare and Enrich Questionnaires

**Cost: \$240 per couple**

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

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.

