

## the Family Relationship Skills Program

aims to

- reduce the levels of stress experienced within families
- promote health and well being within relationships, families and communities.

Group facilitators are non-prescriptive and work from a strength based model. The group process endeavors to assist participants with identifying and enhancing their individual and family strengths.

The program operates across the Clarence, Bellingen and Nambucca Valleys and the Coffs Harbour local government area.

*Program facilitators acknowledge the Bundjalung, Gumbaingirr and Yaegl people, traditional owners of the land in which we work.*



Contact Mary  
6642 7257  
Bookings essential  
Free child care  
Lunch provided

Community Programs Inc.

## FAMILY RELATIONSHIP SKILLS PROGRAM



Attending

to Stress

Monday 26th October  
9.30– 2.30pm  
The Pullen Centre

A day of relaxation  
and reflection for  
parents



# Take time out from kids, housework and life to focus on you

What causes stress in your life?

What can you do to look after yourself better?

What do you do to handle stress?

Yell, Get angry, Boil  
Blame others, Avoid things  
Go shopping, Get overwhelmed  
Criticise yourself.  
Go to bed, Smoke  
Eat too much. Stop eating  
Drink tea or coffee, Drink alcohol,

What could you do differently?

Take five minutes out, breath deeply, clear your mind, and work out what is going on.  
Plan a break. Take time to prioritise  
Deal with one thing at a time.  
Communicate with the people I need to.  
Motivate yourself with positive messages.  
Express emotions in healthy ways (write draw talk walk pray)  
Confront conflict calmly.  
Drink water walk, dance, stretch, sing

Look at the picture of stress in your life.

Decide to make changes.

What stops you making changes?



*By focusing on ourselves and discovering the things that give us joy and meaning, we are more present for our children.*

**A day of fun,  
relaxation  
creativity  
reflection  
ideas**

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