



FAMILY RELATIONSHIP SKILLS PROGRAM Term 1 2012



Coping with Conflict

Having Difficult Conversations - Mondays
13th 20th & 27th February 4.30pm-6.30pm
Pullen Centre, Grafton.

For parents of adolescents, couples, co-parents, multi-generational and blended families

How do you do conflict? Fight, flight fix or flow?

Learn to cope with conflict by listening, accepting difference and standing strong in yourself.

Getting a handle on Anger

Mon 12th, 19th, 26th March 2nd April 4.30pm-6pm
Pullen Centre, Grafton

Understanding and taking charge of anger. Recognising the connection between anger & boundaries and anger & stress.

Putting anger where it belongs rather than putting its overload into present situations.

Ages and Stages

Wednesday 8th February.
9:30am-2.30pm

Pullen Centre Grafton

To help parents

Understand their child's needs at each stage of development.

Provide the best conditions for growth and learning.

Attending to stress

Thursday 29th March
9.30am – 2:30 pm Free lunch.
Pullen Centre, Grafton

Fun, relaxation creativity.

Reflection on why self care is difficult

Understanding effects of stress.

Developing a plan to attend to stress.

Knowing my Mind

Monday 27th February 9.30am -2.30pm (free lunch)
Community Centre, Treelands Dr, Yamba

. A workshop about self esteem, assertiveness and communication. Knowing and communicating who I am, what I can do, what I can't do (boundaries) and what I am about (values), in ways others hear . Rebuilding a sense of self after difficult relationships

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 work from a strength based model providing opportunity to reflect on experiences, be heard and responded to, learn from others, attend to isolation, and develop new skills.

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

New Pathways: for parents who have experienced the pain of living without a child.

3 Tuesdays 7th 14th, 21st February 10.00am-12.30
Pullen Centre, Grafton

A three week course to help parents work through the grief and anger of having children removed from their care through child protection or custody disputes. Includes elements of "Getting a Handle on Parenting" assisting parents to recognize both their strengths and inadequacies.

Helps parents

- recognize their strengths and how they can use them to face the challenges ahead.
- Develop skills of connecting with their children in healthy ways within the limitations of their contact.

Positive Parenting

Maclean Tuesday 28th February 6th March 9.30-12.30
Grafton Tuesday 29th February

1 day workshop. 9.30am-2.30pm (Includes lunch.)

What behaviours do you give attention to?

What do you want to give attention to?

What is important to you? What are your values?

This course helps parents:

- decide what they want to teach their children;
- incorporate these hopes, dreams and values into simple family rules, while
- recognising the importance of consequences & consistency.

Surviving and Thriving with Teenagers

Tuesday 20th, 27th, March, 3rd April
9:30 – 12:30 Pullen Centre, Grafton

Facilitating the journey to responsibility and independence.

Understanding adolescent development and your unique young person.

Coping with conflict and difference Letting go.

Responding not reacting

Responding to our children,
not reacting to their behaviour.

Wednesday 28th March 9.30 am-2.30pm
Pullen Centre Grafton.

Understanding children's needs.

Balancing their needs and yours.

Having realistic expectations

Listening to and focusing on your Kids.

Understanding your reactions.

Contact FRSP 6642 7257

All workshops are free. Free child care.

Bookings essential.