



Most courses are held at Woolloongabba but can be organised in other locations on request. Personal Education Programs (one to one) available by appointment.

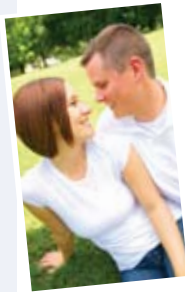
RELATIONSHIP & DEVELOPMENT COURSES

January to June 2009

Relationship courses

Building Our Future Together BOFT (1 full day)

An interactive group program for couples who are preparing for marriage or commitment. Workbook and tea/coffee included. Lunch is NOT provided.



Cost: \$120 per couple.

Dates:

Woolloongabba:

17 January

7 and 28 February

14 March

4 and 18 April

16 and 30 May

6 and 20 June

Ipswich: 7 March

FOCCUS (1 full day)

Similar to Building Our Future Together, however, with one-on-one with an educator that allows couples to explore their relationship using a questionnaire.

Course cost is \$120 per couple.

Bookings by appointment only.

Creating New Beginnings - CNB (1 full day)

A group program for couples where one or both partners have had either a previous marriage or significant relationship.

Cost: \$120 per couple.

Workbook and tea/coffee included.

Lunch is NOT provided.

Dates: 7 March and 2 May

(Combine FOCCUS with BOFT or CNB for \$175)

Healthy Relationships (6 sessions of 50-60 min each)

Domestic Violence focused program deliverable to a school classroom or the broader community. Course dates by appointment.

Cost: Fees are available on application as the program has a variety of options.



Post Separation Parenting

(1 full day)

From this course you will learn:

- ◆ adjustments to change (grief & loss)
- ◆ the impact that separation has on children
- ◆ children's behaviour during separation
- ◆ communication/conflict issues; and
- ◆ assist you in looking ahead

The cost is \$70 per person.

The cost includes a workbook, lunch, tea/coffee.

Whole day courses run on Wednesdays and Saturdays: 4 and 28 February, 11 and 28 March, 8 April, 13 and 23 May, 17 June.

Some courses are women-only or men-only and some are mixed.



Step and Blended Families

(1 full day)

During the course you will learn to:

- ◆ understand your children and their issues in the changed family environment(s)
- ◆ communicate with your children and ex/new partner and other family members
- ◆ managing feelings /behaviours in relationships; and
- ◆ minimise conflict and create discipline

The cost is \$140 per couple or \$70 for a single.

This cost includes a workbook, lunch and tea/coffee.

Courses run on Saturdays: 21 February, 21 March, 9 May and 13 June.



Improving Couple Communication

(3 x one hour sessions)

This course will inform couples of:

- ◆ communication techniques
- ◆ dealing with conflict; and
- ◆ dealing with intimacy

The cost is \$120 per couple.

Sessions are arranged with a trainer for individual couples.

Daytime or evening sessions can be arranged between 9am and 8pm. Dates are organised as needed with 3 to 6 couples per session.



Baby born - Now what?

(two hour sessions on Thursdays - 8 week course)

This course enhances engagement between babies and parent(s) through:

- ◆ communication techniques
- ◆ dealing with conflict; and
- ◆ dealing with Intimacy

The cost is \$80.

Facilities for child minding at extra cost of \$5 per mother per session. Parent(s) bringing more than one baby should also bring an assistant.

Beginning 19 February and finishing 9 April

Sessions are run 9.30am to 11.30am



For more details on and bookings for any of the above programs, please call (07) 3435 4300