

Workplace

The accidental counsellor

You may not be employed as a counsellor but you can often find yourself in a counselling role by accident. This workshop provides practical skills for managing these situations and the confidence to provide appropriate support.

Date: Monday, 16 April, 2012
Time: 10am - 4pm (one whole day session)
Code: ACD1204

Cost: \$132 per person including GST

Basic counselling skills

This course covers the counselling process and is useful for people who require counselling skills as part of their work, or those who manage and supervise people. An introduction to counselling concepts through theoretical input, group discussions and skills practice will be covered, along with a solution focused model and narrative ideas in counselling.

Date: Mondays, 7 May to 28 May, 2012
Time: 10am - 4pm (four weekly sessions)
Code: BCD1205

Cost: \$434.50 per person including GST

Taking care of you

Motivation and self-confidence

This course will explore the idea of motivation, what helps build confidence, what helps you to get motivated and what might get in the way.

Date: Thursdays, 12 April & 19 April, 2012
Time: 7pm - 9.30pm (two evening sessions)
Code: MSN1204

Cost: \$20 per person or \$10 concession

Getting a handle on anxiety and worry

The dread of experiencing worry and anxiety or having a panic attack can undermine our confidence. We will look at the causes of worry and ways to manage worry and anxiety.

Date: Thursdays, 23 February to 29 March, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: AWN1202

Cost: \$120 per person or \$60 concession

Feeling good about yourself

Discover new ways of thinking and feeling good about yourself. We will look at self concept, forming identity and ways to make your life more enjoyable.

Date: Tuesdays, 22 May to 26 June, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: FGN1205

Cost: \$120 per person or \$60 concession

Communication

Communicating non-defensively

This course will provide you with ways to communicate without becoming defensive, especially when emotions are running high and conflict is imminent.

Date: Mondays, 20 February & 27 February, 2012
Time: 7pm - 9.30pm (two evening sessions)
Code: CNN1202

Date: Wednesdays, 2 May & 9 May, 2012
Time: 7pm - 9.30pm (two evening sessions)
Code: CNN1205

Cost: \$20 per person or \$10 concession

What to do about anger

Feelings of frustration, irritation and anger can get in the way of developing respectful relationships at home and at work. We look at understanding what makes you angry and ways in which you can take charge of those angry feelings.

Date: Wednesdays, 15 February to 4 April, 2012
Time: 7pm - 9.30pm (eight evening sessions)
Code: WAN1202

Date: Tuesdays, 17 April to 5 June, 2012
Time: 7pm - 9.30pm (eight evening sessions)
Code: WAN1204

Date: Thursdays, 10 May to 28 June, 2012
Time: 7pm - 9.30pm (eight evening sessions)
Code: WAN1205

Cost: \$150 per person or \$80 concession

Managing emotions

Building emotional confidence is a way to understand and manage the effects of feelings. Learn why it may be difficult to express some feelings or overreact with others.

Date: Mondays, 23 April to 28 May, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: MEN1204

Cost: \$120 per person or \$60 concession

About Relationships Australia (SA)

Relationships Australia (SA) is a leading provider of education and support services. Our aim is to provide support to achieve positive and respectful relationships.

With over 60 years experience, Relationships Australia (SA) provides education, training, coaching and counselling for individuals, couples, families and communities.

How to enrol: (choose one option)

1. Online

Visit www.rasa.org.au
click on 'Courses' and 'Enrol Online'

2. Post

Complete the enrolment form in this brochure
and post to:

Relationships Australia (SA)
49a Orsmond Street
Hindmarsh SA 5007

3. Fax

Fax the enrolment form to (08) 8346 7333

4. In person

Come to our office and our staff will enrol you

For more information email enrol@rasa.org.au
or call (08) 8245 8100.

Terms and Conditions

Full payment must be made to secure your place. We require 7 days notice if you wish to cancel or transfer your enrolment. Requests for a refund or transfer with less than 7 days notice will not be accepted. All refunds will incur a \$20 admin fee which will be deducted from your refund. If a course is cancelled by us a full refund will be provided. If applying for concession, a current Centrelink or student card is required. Fees and payments can be negotiated.

Resource Centre

The Relationships Australia (SA) Resource Centre is both a Library and Information Service open to the general community. The Centre offers a range of resources to support the learning from courses and also for other individual areas of interest. Course participants can join the library at a discounted rate.

For more information about the service please call on (08) 8245 8111 or come in to our Centre - 49a Orsmond Street, Hindmarsh SA 5007.

Funded by the Australian Government under the Family Support Program and the Government of South Australia, Department of Health.



Relationships Australia

Semester 1, 2012 Course Brochure

www.rasa.org.au



Enrolment Form

Personal details

Surname
First name
Email
Address
Suburb Postcode
Preferred telephone
Date of birth / /

Course details

Course 1 name
Code
Start date Fee \$

Course 2 name
Code
Start date Fee \$

Concession card details (if applicable)

Enclosed is a cheque/money order made payable to Relationships Australia (SA) for \$.....

Or, please charge this fee to my credit card:

Visa Mastercard CVV Number: _ _ _

Name on card

Expiry date /

Cardholder's signature

Invoice details

If your workplace is paying for your enrolment, complete the following and attach a **purchase order or authority to invoice**:

Organisation name
Contact name
Contact phone.....
Address
Suburb Postcode

Please tick if you do not wish to be added to the Relationships Australia (SA) mailing list

Relationships

Communication in relationships

Good communication is not just about how well we speak, it also involves how well we listen. We will look at active listening skills and the elements of good communication.

Date: Tuesdays, 20 March to 27 March, 2012
Time: 7pm - 9.30pm (two evening sessions)
Code: CRN1203

Date: Mondays, 18 June to 25 June, 2012
Time: 7pm - 9.30pm (two evening sessions)
Code: CRN1206

Cost: \$20 per person or \$10 concession

Life after separation: Moving on

When a relationship ends, there is an experience of loss. This course highlights what is required to move through the grief process in order to rebuild your life.

Date: Fridays, 10 February to 16 March, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: LSN1202

Cost: \$120 per person or \$60 concession

Seven principles for a successful relationship

This course has been adapted from the work of John Gottman, which is based on 25 years of research into what makes relationships either blossom or shrivel. We explore his seven principles and how they can enhance your relationship.

Date: Wednesdays, 7 March to 4 April, 2012
Time: 7pm - 9.30pm (five evening sessions)
Code: SRN1203

Cost: \$120 per couple or \$60 concession

How to make relationships work (for men)

This course covers some common relationship issues that men, in particular, may find useful. Improve your relationship with your partner with new information and skills.

Date: Fridays, 20 April to 25 May, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: RWN1204

Cost: \$60 per person or \$30 concession

FOCCUS[®]: Relationship/Pre Marriage Inventory

The FOCCUS[®] program (3 x 1 hour sessions) enables couples to identify the strengths and potential issues in their relationship by providing individual written responses to a questionnaire of non-threatening statements. They are not counselling sessions or a predictive test of a successful relationship.

The Inventory will increase your awareness of yourself and your partner and the expectations you each have about your relationship. It will also help improve communication, increasing your confidence to build a happy and healthy long-term relationship.

FOCCUS[®] is available from various Relationships Australia (SA) sites. For further information please contact Helen Iliadis on (08) 8245 8100.

Cost per couple: \$250
\$200 (single income)
\$150 (students/concession)

Making step-families work: A course for couples

This course is specifically for couples who are either step-parents or considering forming a step-family. Explore the complexities of step-family dynamics and learn strategies to cope with the various expectations, roles and relationships. Strengthen your couple relationship, gain a sense of belonging and learn creative options and solutions based on a step-family model.

Date: Tuesdays, 28 February to 3 April, 2012
Time: 6.30pm - 9pm (six evening sessions)
Code: SWN1205

Cost: \$60 per couple

Parenting

Toolbox - the early years: Growing great kids (0-6 years)

The most important years in your child's development are these early years and no-one will influence your child's future more than you. When it comes to your child's development, you are the builder and everyone else is merely the sub-contractor. Toolbox is there to help you enjoy these years with your child. Discover and apply new tools and strategies to use with your family. This course will equip you with skills to set appropriate boundaries for your child and develop a strong and loving bond with them. The effort you put into parenting your children during these early years will have enormous pay-offs in the future.

Date: Mondays, 23 April to 28 May, 2012
Time: 10am - 12.30pm (six morning sessions)
Code: TTD1204

Cost: \$150 per couple or \$90 concession
\$80 per person or \$50 concession
(each person will receive a Toolbox participant's manual)

Toolbox - middle years: Growing great kids (6-12 years)

Make the most of these years while your children are close to you. Use these important years to build your child's character and self esteem, to develop trust and stay connected. Learn strategies to confidently handle the challenges of the middle years; build on opportunities along the way and be the best parent coach possible.

Date: Thursdays, 24 May to 28 June, 2012
Time: 6.30pm - 9pm (six evening sessions)
Code: TMN1205

Cost: \$150 per couple or \$90 concession
\$80 per person or \$50 concession
(each person will receive a Toolbox participant's manual)

For Dads: Parenting after separation/divorce

As separated fathers, some men can find themselves unprepared for the difficulties they face in defining their life after separation. Staying connected and building or sustaining positive relationships with your children can be tough when there are two homes involved. We offer practical ideas about how to stay connected with your kids.

Date: Tuesdays, 3 April to 8 May, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: FDN1204

Cost: \$60 per person or \$30 concession

Focus on kids

This course will assist you to help your children cope with the changes and challenges that separation or divorce brings to family life. The dynamics between separation and parenting, and ways of managing the relationship with your ex-partner will also be covered.

Date: Mondays, 7 May to 4 June, 2012
Time: 7pm - 9.30pm (five evening sessions)
Code: FKN1205

Cost: \$60 per person or \$30 concession

How to drug proof your kids[®] (for parents)

Children face enormous pressures and must make critical choices in their tween and teen years. Discover how you can steer your kids away from the harmful use of drugs with information and tools to prepare you and your children for those turbulent teenage years. This course offers strategies to grow wise, resilient and successful kids – based on solid research and delivered by trained facilitators.

Date: Wednesdays, 23 May to 27 June, 2012
Time: 7pm - 9.30pm (six evening sessions)
Code: HTN1205

Cost: \$150 per couple or \$90 concession
\$80 per person or \$50 concession
(each person will receive a DPYK parent guide)