

Pathways to Change for Men



Searching for ways to be the person you want to be?

Want to deal with conflict and find ways to reduce stress in your life?

Want to connect with your strengths and move forward?

WHAT'S THE COURSE ABOUT?

Pathways to Change for Men is designed to assist men to develop self awareness and maintain healthy relationships.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Gender stereotypes
- The influences of your family of origin and significant life events and how they impact on you
- Conflict in relationships with partners, friends and colleagues
- Your health, wellbeing and self awareness
- Connecting with your feelings and understanding emotions

Meet with other men facing similar issues in a welcoming environment and learn from each other.

WHAT WILL YOU LEARN?

- Knowledge and skills to assist you with change processes
- Decide what works for you now and what to change or let go
- Build on the strengths you already have in your relationships and develop new skills
- Develop awareness and understanding of grief and loss in your life
- How to maintain your personal health and wellbeing
- Mindfulness and relaxation techniques to reduce stress and anxiety

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“Reminder be kind to yourself helps me.

Experiencing other participants grow and ability to share hard stuff helped me to do the same”

“I think this course was very constructive I enjoyed being able to open up in a non-judgemental and supportive environment. I felt like I was not only listened to, but supported in a caring way”

This eight week group workshop runs for 2½ hours every Wednesday.

COST: \$40

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to www.thefamilycentre.org.au

Child minding is available upon request.