

# Pathways to Change for Women



Do you fear failing or making the wrong decision?

Does anxiety about change stop you from doing things you would love to do?

Want to make changes in your life and not sure how to go about it?

## WHAT'S THE COURSE ABOUT?

Pathways To Change For Women is designed to assist women to maintain healthy relationships and make positive life choices.

## 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 women 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

The course runs for eight weeks for 2½ hours each week.

### **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](http://www.thefamilycentre.org.au)**

Child minding is available upon request.

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“The group interaction was powerful and I learnt a lot about my change process in my life”

“It was good to identify specifically what I want to change in my life and skills to help me with this”

“I found it helpful understanding a women's role in society and to see where I was resisting change due to my restricted family beliefs”