



the family centre
FAMILY RELATIONSHIP
EDUCATION



TWEED SHIRE • BYRON SHIRE • BALLINA SHIRE

www.thefamilycentre.org.au

WHAT IS FAMILY RELATIONSHIP EDUCATION?

Family Relationships Education courses assist women and men to develop skills that promote positive relationships.

WHO IS IT FOR?

Men and women who live in the Tweed, Byron & Ballina Shires or the Lower Gold Coast region.

HOW DO WE SUPPORT MEN & WOMEN?

We provide courses and workshops that focus on life and relationships skills. Course participants will enhance skills and increase awareness and understanding in areas such as communication, managing conflict, self-awareness, self-esteem, managing anger, family violence and parenting.

WHEN & WHERE?

Courses are available at our Tweed Heads, Tweed Heads South, Murwillumbah and Ballina locations.

Speak with an intake worker about
Family Centre services and courses in
Tweed Shire (07) 5524 8711
Ballina & Byron Shires (02) 6686 4109
9am–12.30pm Monday to Friday or
email info@thefamilycentre.org.au