

Alternatives to Aggression

Next Group 2nd February 2012

A GROUP FOR MEN

*A pre-group
assessment interview
is essential.*

Course conducted
6pm to 8:30pm
Thursday nights

Cost \$15
per group session &
assessment interview

RELATIONSHIPS
AUSTRALIA

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Toowoomba
3rd Floor,

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Relationships Australia provides a group program for men who have used violent or abusive behaviour towards their female partner. The next 12 week program commences Thursday 2nd February 2012. Intake sessions currently available.

TOPICS COVERED

- ◆ WHAT IS VIOLENT/ABUSIVE BEHAVIOUR
- ◆ THE EFFECTS OF OUR ABUSE ON OTHERS
- ◆ TAKING RESPONSIBILITY FOR OUR EMOTIONAL WELL-BEING & RELATIONSHIPS
- ◆ LEARNING SKILLS & EXPLORING NON-ABUSIVE WAYS TO INTERACT WITH PARTNERS, CHILDREN & OTHERS
- ◆ CHALLENGING THOUGHTS & BELIEFS THAT KEEP US STUCK IN DESTRUCTIVE CYCLES
- ◆ MAINTAINING POSITIVE CHANGES

FOR FURTHER INFORMATION CONTACT RELATIONSHIPS
AUSTRALIA ON (07) 46384700

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