

PREPARE/ENRICH



What is PREPARE/ENRICH?

This program helps couples at all stages of life to explore their relationship, to learn about themselves, their relationship strengths and areas of potential growth within a supportive and safe environment.

How can PREPARE/ENRICH help you and your partner?

- To identify and build on the strengths of your relationship.
- To identify and explore areas of growth in their relationship.
- To explore different areas of your personality for better understanding and appreciation.
- To strengthen communication skills to better resolve conflicts and reduce stress.
- To be able to discuss and manage finances together.
- To develop a more balanced relationship to better meet both persons needs and establish personal, couple and family goals.

What does PREPARE/ENRICH include?

It is not a test but involves individual written responses to a questionnaire of nonthreatening statements. It aims to make you and your partner more aware of the expectations you each have about your relationship and involves two facilitated sessions with a counsellor.

Cost: \$300 per couple

**COST \$150 SPECIAL
FOR A LIMITED TIME**

Relationships Australia NT

- Not-for-profit organisation.
- Non-government organisation.
- Secular.
- A service for everyone in the community regardless of age, financial situation, gender, religion, sexual orientation, ethnicity, cultural background, language group, abilities or other attributes.
- Professional service provider of counselling, mediation and relationship education for individuals, couples and families.
- Private, confidential and safe.
- Able to meet any needs including wheelchair access.
- Interpreters provided free
- Child friendly.

Bookings are essential

How to contact us:

Alice Springs (free call) -1800 634 405

Office: 8950 4100

Email: receptionas@ra-nt.org.au

Address: 4/11 Railway Terrace Alice Springs

Website: www.nt.relationships.org.au

**Relationships Australia's policy on equity ensures no person is disadvantaged due to financial hardship.
Fees May be Negotiated**

Relationships Australia

NORTHERN TERRITORY

Relationship Education Courses Semester 1 2016



Relationships Education Courses offered in Semester 1 2016 Alice Springs

Bringing up Great Kids

3 Week Course or 2 Day Course

Would you like to understand why we do what we do as parents and what makes your kids 'tick'?

This course will help parents explain and reflect on their parenting style and their children's behaviour. It provides parents with a greater understanding of how to meet their children's needs and communicate with their children.

3 Week Course

Date: Monday 15th February, Monday 22nd February and Monday 29th February

Time: 8:30am to 12:30pm

3 Week Course

Date: Monday 9th May, Monday 16th May and Monday 23rd May

Time: 8:30am to 12:30pm

2 Day Course

Date: Friday 17th June and Saturday 18th June

Time: 17/6/2016 - 8:30am to 12:30pm
18/6/2016 - 9:30am to 4:00pm

Cost: \$30 Course

Venue: 4/11 Railway Terrace Alice Springs

(Please note this course cost is subsidised by the Family Relationship Centre)

All Group Facilitators are qualified Counsellors, Social Workers or Psychologists

Parenting Adolescents

One Night Seminar

Do you want to know more about how to enjoy the teenage years with your Adolescent? This seminar will explore how to enhance your relationship by offering tools and strategies for communication, boundary setting and reducing stress. (This seminar is for parents with Adolescents aged 10 –18 years)

Date: Tuesday 15th March

Time: 6:30pm to 9:00pm

Cost: \$35 Individual or \$50 Couple

Venue: 4/11 Railway Terrace Alice Springs

Blended Family Survival Strategies

One Night Seminar

This seminar is for parents in blended families who wish to learn more about how they can support their children and themselves through the journey of combining families. It provides practical tips and strategies for communication, parenting and conflict resolution in blended families.

Date: Thursday 21st April or

Thursday 19th May

Time: 6:00pm to 9:00pm

Cost: \$35 Individual or \$50 Couple

Venue: 4/11 Railway Terrace Alice Springs

What to do About Anger for Women

One Night Seminar

This seminar will assist women to make distinctions between anger as a healthy response, as an act of resistance or as an abusive action. It provides information on how to control and express your anger in order to use anger more effectively. It also includes tips on how to listen to what anger is telling you so you can be clear about what changes you are seeking in yourself and others.

Date: Tuesday 7th June

Time: 6:30pm to 9:00pm

Cost: \$35 Individual

Venue: 4/11 Railway Terrace Alice Springs

In Pursuit of Respectful Relationships (IPRR)

10 Week Course

A group program for men who recognise and are concerned about their actions toward family members that are as a result of anger and or jealousy. It is a program for men who want to stop acting in ways that may be experienced as controlling abusive or violent by their partners and their children. This course assists men to show and foster relationships of love, trust and respect.

Date: Tuesday 26th July to Tuesday 27th September 10 Week Course

Time: 6:00pm to 9:00pm

Cost: \$240 Course

Venue: 4/11 Railway Terrace Alice Springs

