

Term 1: Wed 27 Jan – Thurs 1st April 2021
(No public holidays)

This term's Group Programs

NORTHERN SYDNEY REGION GROUP PROGRAM SCHEDULE (As of 1st April 2022)

TERM 2 2022 – Monday 25th April to Friday 1st July (Mon 13th June Public Holiday)

Group	Group Dates	Duration	Address	Requirements	Fee
Women Self Esteem & Communication (Sydney CBD)	Wednesday Evening 11 th May – 30 th June 5.30PM - 8:00pm	8 weeks	Level 7 10 Barrack St Sydney	Group Assessment completed	Fees are determined based on your income at a level affordable to you.
Managing Anger (Sydney CBD)	2 nd May – 27 th June (extra week due to June public holiday) 5.30pm - 8pm	8 weeks	Level 7 10 Barrack St Sydney	Group Assessment completed	Fees are determined based on your income at a level affordable to you.
Managing Strong Emotions (Macquarie Park)	Tuesday Evenings 26 th April – 31 st May 5:30PM – 7:30PM	8 weeks	68 Waterloo Rd, Macquarie Park	Group Assessment completed	Fees are determined based on your income at a level affordable to you.
Men & Relationships Online	Wednesday Evening 27 th April – 15 th June 5:30pm – 7:30pm	8 weeks	Online via Star Leaf platform	Group Assessment completed	Fees are determined based on your income at a level affordable to you.
Couples Communication Online	Saturday Seminar Date to be confirmed	1 session	Online via Star Leaf platform	Group Assessment completed	Fees are determined based on your income at a level affordable to you.
Circle of Security (Dee Why)	Monday Evenings 5:30PM – 8:00 PM 2 nd May – 27 th June	8 weeks	651 Pittwater Rd, Dee Why	Group Assessment completed	Free Fee waived
Tuning Into Teens (Dee Why)	Wednesday Evenings 18 th May – 22 nd June 5.30pm – 7:30pm	8 weeks	651 Pittwater Rd, Dee Why	Group Assessment completed	Free Fee waived
Tuning into Kids (Chinese Mandarin)	Thursday Morning 5 th May – 9 th June 10am – 12:30pm	6 weeks	The Gordon Centre 20-22 Park Ave Gordon 2072	Group Assessment completed	Free Fee waived



Group Program Descriptions

About Group Programs at Relationships Australia NSW

Before you start a group program, one of our team will contact you to organise a time to talk about the group.

This process helps us determine whether the group you're interested in is a suitable option, as we strive to create a cohesive learning environment which suits the interests and needs of all group members.

Our staff will talk with you one-on-one to better understand your personal circumstances, explore your interest in the program and discuss any other referral options as required.

Women: Self Esteem and Communication

This 8-week program will help participants to better understand themselves and others and develop strategies to enhance self-esteem and confidence.

You will develop skills to build self-esteem and self-confidence, recognize behavioral triggers and how to respond when communicating with others. This process will also enhance emotional regulation and stability, along with practical problem-solving skills.

Duration: 8 weeks

Fee: Fees are determined based on your income at a level affordable to you.

Managing Anger

This 8-week program focuses on the feelings, emotions and thoughts connected to anger and other strong emotions. Topics include past experiences of anger management; identifying what affects our ability to manage strong emotions; finding alternate ways to deal with anger and the anger of others; and taking responsibility for the way we express our emotions.

This group is not suitable for people where anger has led to violence.

Duration: 8 weeks

Fee: Fees are determined based on your income at a level affordable to you.

Managing Strong Emotions

Managing Strong Emotions is a 6-session group for people who are seeking support to better deal with strong emotions that may be causing issues in their relationships. This type of emotion may include anger, grief or jealousy.

Duration: 6 weeks

Fee: Fees are determined based on your income at a level affordable to you.

Men and Relationships

Men and Relationships is an 8-session group for men who may have experienced difficulties in their relationships and want to work on building open, respectful connections with partners, family and friends.

Duration: 8 weeks

Fee: Fees are determined based on your income at a level affordable to you.

Couples Communication, full day program (Saturday)

This short couple program is designed to help couples develop new and more effective ways of communicating with each other and dealing with difficulties. It covers topics such as: cooperative resolution of issues, turning negative relationship cycles into positive ones, blocks to communication. This seminar is for couples who have a good relationship and want to make it better. It is not suitable for couples who are in crisis or where there is domestic violence or abuse. We recommend individual or couple counselling in these cases.

Duration: 1 day

Fee: Fees are determined based on your income at a level affordable to you.

Circle of Security

During this 8-week program, parents are encouraged to look beyond their children's behaviour and identify and respond to their emotional needs to help prevent issues in the family. Through this course, parents and carers will gain a new understanding of how they can strengthen the bonds with their children, in turn helping them to feel secure.

This program helps children experience:

- Greater self-esteem
- Better relationships with parents and peers
- Enhanced school readiness
- An increased capacity to handle emotions.

Duration: 8 weeks

Fee: Free

Tuning into Teens

Tuning into Teens (TINT) is a 6-week program, which is designed to support and help parents teach their teenage children to control, understand and express their emotions in healthy and positive ways. TINT helps parents recognise, understand and respond to their teenager's emotions, which in turn helps them manage their own emotions. Tuning into Teens offers a range of approaches and strategies developed through the idea of emotional intelligence.

This program aims to teach parents:

- Awareness of the emotional experiences of teens
- To listen to their teen's problem without judgement
- How to help teens identify and describe what they are feeling as an opportunity to connect and guide them.

Duration: 6 weeks

Fee: Free

Tuning into Kids - (Chinese - Mandarin)

Tuning into Kids (TINK) is a 6-week program, which is designed to support and help parents teach their children to control, understand and express their emotions in healthy and positive ways. TINK helps parents recognise, understand and respond to their emotions, which in turn helps them manage their own emotions. Tuning into Kids offers a range of approaches and strategies developed through the idea of emotional intelligence.

This program aims to teach parents:

- Awareness of the emotional experiences of children
- To connect and listen to children's issues without judgement
- How to identify and describe what they are feeling as an opportunity to connect and guide their children.

Duration: 6 weeks

Fee: Free



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