



## Men's Education Toward's Anger & Life

*"Getting in tune with yourself, your partner, your kids and your life"*

01/09/2009

I am writing to invite you to participate in our Term 3 Women's program, starting 15/09/2009. Women come to our program at all different stages, for all different reasons. Some women are single, some engaged, some have been married for a short time while others have been married for years, others are recently separated or divorced. For some women our program is a course to improve on the happy relationship they already have, while for others it's a last resort after years of being desperately unhappy.

Many people today have lost hope of ever living in a truly fulfilling relationship. Childhood experiences of divorce or negative adult experiences of marriage can leave people scarred, helpless and disillusioned.

When reality and our fairy tale ideals collide, many people despair of having the type of relationship they dreamed of, believing instead they have only two choices – to remain in an unhappy relationship or separate.

But there is another choice. You can attend our program and learn new ways to connect with others which improves communication skills; helps build your self esteem and self worth and can enhance your relationship with your partner or children even without the partner's input.

Our women's program started in the middle of 2008 was formed from desire of the women whose partners was attending our Men's behavior Change Program established six years ago. (Refer to [www.heavymetalgroup.com.au](http://www.heavymetalgroup.com.au) for further information) Our program offers women the opportunity to support each other, learn practical skills and share their experiences in a safe environment. The program runs for six fortnightly sessions per term (there are 3 terms per year). Incorporated in these sessions is the teaching of new skills, group discussion, class exercises, homework, and sharing. Each session interconnects like a piece in a jigsaw; with building on the skills taught each session the jigsaw comes together.

Our objective is to give women the opportunity to explore and to share relationship and family issues that are important and relevant to women. Our aim is to help women to learn more about themselves and their partner, improve communication skills, enrich relationships with partner and children, and build self esteem and self worth. Break old defensive behaviours with learning new strategies to move forward. The program is facilitated by both David Nugent and Tanya Watson.

I look forward to your involvement and continuing working with you on making solid positive change.

Yours Sincerely,

DAVID NUGENT.

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