

“Get in tune with your self, your partner, your kids and your life by joining our program”



Men and Women's Education
Towards Anger & Life

TERM 4 2010

(This term only will be an 11 week program - based on the school term)

Phase 1 starting 6th October 2010 (Wednesday evenings)

Prerequisite: an assessment interview, within 14 weeks of commencement date, with David Nugent

The Phase 1 level is an 11-week program where the participants are offered support and challenged in taking responsibility for their behaviour. This program is open where participants are welcome to join the program at any time. The men learn to break the pattern of their violent behaviour and are invited to consider a range of abusive, controlling acts and the consequences these have for women, children and other members of the community. In this group, basic skills are taught to improve the safety situation for others.

Phase 2 starting 5th October 2010 (Tuesday evenings)

Prerequisites: have completed minimum 12 sessions of Phase 1 within 28 weeks of commencement date and have demonstrated change in behaviour.

The Phase 2 level is for men who have demonstrated they have changed their behaviour. Men are invited to the second 11-week program, which challenges their old behaviours, and belief systems. This program is a closed program where participants cannot join once the program has started. The course deals with a range of destructive behaviours, explores gender roles, it challenges participants to question existing personal attitudes and feelings, which continue to encourage them to take a deeper responsibility for their own behaviour. As well, communication skills (which include listening and responding skills) are taught and explored in this Phase.

Phase 3 starting 13th October 2010 (Thursday evenings)

Prerequisites: have completed Phase 1 and Phase 2 within 32 weeks of commencement date and is implementing Phase 1 & 2 skills and has demonstrated change.

Phase 3 is an on going support group where a variety of topics are explored which enhance men's well being. This phase is for those who have made substantial change and have adopted the tools taught in both Phase 1 and 2 as a way of life. Term 3 is made up of 6 or 7 fortnightly sessions. This phase is for those who want to continue with their self development and enhance a solid foundation in their behaviour change so they can continue in providing a safe environment for themselves and their family in the long term.

Women's Program starting 7th October 2010

Prerequisite: an assessment interview, within 14 weeks of joining the program, with David Nugent.

In this program women are offered support and help in making their own changes. This is an open program where participants can join at any time. The program goal is for women to gain insight, knowledge, communication skills, which lead them to build self esteem and self worth. With education, old defensive behaviours can be broken with learning new strategies to resolve problems and move forward. This program is not about the partner. It's not about learning how to fix him. It is directed at the female participants well being. Our philosophy is to empower women so they can build their confidence and sense of worth in a safe and supported environment.

Couples Workshops late December 2010 (Thursday evenings)

(Dates to be confirm pending numbers)

For those women who are enrolled in the women's group (have completed 2 terms) and for their partners who are enrolled in phase 3 we offer a special workshop over 2 evenings. Participants learn communication skills. Ways of responding to each other, reflective listening skills and dealing assertively with criticism. In a relationship, conflicts and difficulties are almost inevitable. It's not the arguments and conflict that are bad for your relationship, it's the way you handle conflicts and arguments that will help your relationship grow, or come to an end. In this program, participants are taught to respond to each other and stay focused on the issue that's raised rather than become sidetracked with other issues.

For further information check out our web site: www.heavymetalgroup.com.au

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