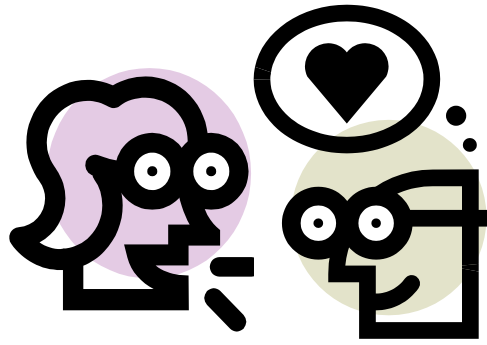


Heavy M.E.T.A.L Behaviour Change Program



“Getting in tune with your self, your partner, your kids and your life”

If the current way of relating to each other needs improving and you believe that your relationship is worth the effort.

Enrol now in our Women’s Program

Feeling scared, pressured, humiliated or controlled is never the result of being really loved. Being loved leads you to feeling respected, safe, valued and free to be who you really are.

Our program offers:

Friendship and care, a safe place,
The opportunity to meet other women in a similar situation,
information and an accepting and supportive environment.

Program Goals

- * To learn more about yourself and each other
- * To provide early support, structured information & education sessions
 - * Improve Communication Skills
 - * Relationship Enhancement
 - * Build Self Esteem and Self worth
 - * Finding a new way to move forward

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

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