

**“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 2 2012 at Narre Warren

Phase 1 starting 18th April 2012 (Wednesday evenings)

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

The Phase 1 level this term is a 10 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 17th April 2012 (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 phase of the program which runs over two terms. This program challenges 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, assertiveness and responding skills) are taught and explored in this Phase.

Phase 2 Advance starting 17th April 2012 (Tuesday evenings)

Prerequisites: have completed Phase 1 and Phase 2 within 28 weeks of commencement date and is implementing Phase 1 & 2 skills and has demonstrated change.

Phase 2 Advance is an on going support group where a variety of topics are explore 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**. Phase 2 advance runs along side Phase 2 program and is for the participants 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 19th April 2012 (Thursday evenings)

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. Participants can join at any time once the assessment is completed. The program continues each term.

Couples Workshops late June 2012 (Thursday evenings)

Dates to be confirmed 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 2 Advance, we offer a special workshop over 10 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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