

KEEPING FAMILIES SAFE

GROUP PROGRAM



The program assists adolescents to:

- Take responsibility for their abusive behaviour
- Learn how to communicate with respect when experiencing feelings of frustration, upset or anger
- Learn how to resolve conflict without abuse
- Understand how their abusive behaviour affects others
- Recognise that they have a choice about their behaviour



The program assists parents with:

- Ways to keep themselves and others safe in the home
- How to support their adolescent to make changes
- Developing a positive relationship with their adolescent
- Understand the importance of modelling respectful behaviour for their adolescent
- A group to gain support and advice from other parents



Details:

Dates: Wed 4 February – 8 April, 2015

Time: 6.00pm – 8.00pm

Venue: Peninsula Community Health
Hastings Rd
Frankston 3199

Catering: Light dinner provided



Contact: Sophie or Chris

Family Counsellors

P: 9784 8100