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