

DSRC Family Wellbeing Unit Groups and Seminars Calendar September – December 2009

September

Gay Dads Meeting

Tuesday 8th September 6-7.30pm

A relaxed and friendly group combining social activities with discussion about the unique issues of parenting as gay dads. Join Anytime. Meets every 2 months – next meeting Tuesday Sept 8th.

Call James to book – 0410 548 613

FREE

QueerNet

Meets Monthly

Offers group peer support, fun social outings, and individual queer affirmative counseling for young people aged 16-24. Group socially meets monthly at community based events. For more info contact Jocelyn on 9663 6733

October

Anxiety and Relationships Workshop

Thursday 1st October 12-3pm

Is someone you love living with anxiety? It can be challenging trying to support a partner, family member or friend with anxiety. This workshop is for anyone who feels their loved one's anxiety is impacting the relationship.

FREE

Parenting Adolescents Seminar

Thursday 1st October 6-8pm

Explore effective ways to develop a strong and supportive relationship, manage behaviour and conflict, understanding and acting on teen drug and alcohol use. Discuss ways to help guide your adolescent child in the right direction.

FREE

Raising Happy Healthy Kids – Parenting Primary Schoolers Seminar

Wednesday 14th October 6-7.30pm

A seminar that helps parents build stronger more resilient families (regardless of your family structure) and the best way of preventing teenagers developing drug and alcohol problems down the track.

FREE

Funded by The Australian Government

visit us online at www.dsrc.org.au

Making Stepfamilies Work is a six session course specifically for couples in a stepfamily. The course covers central stepfamily issues of disciplining children, divided loyalties, living with someone else's children and strengthening the couple relationship.

Term 3 courses at Carlton:

6 x Tuesday (evenings) 20th Oct-1st Dec

2 x Saturdays (all day) 14th & 28th Nov (GLBTIQ couples)

2 x Saturdays (all day) 21st & 5th Dec

Cost \$295 per couple. Concessions available. Limited places. Early bookings encouraged.

More info on 9639 6611 or www.stepfamily.org.au

November

Parenting Symposium for Workers - 'Helping Parents through the Tough Stuff'

Thursday 12th November 10 – 4:30pm

Professional development day for workers. Featuring speakers and discussion on some of the more challenging aspects of parenting and how best to empower, strengthen and promote overall family wellbeing through our work. Topics include:

- Drugs, Alcohol and Addiction in Adolescence
- Parenting Kids with Chronic Health Issues
- Grief and Loss issues for Young People

\$150 for the day (\$100 for students) - Bookings essential (limited places)

December

Parenting Through the Tough Stuff

Thursday 3rd December 10am-3pm

A unique parenting series day to assist parents dealing with the "tough" parenting issues. Featuring speakers and discussion on:

- Drugs, Alcohol and Addiction in Adolescence
- Parenting Kids with Chronic Health Issues
- Grief and Loss issues for Young People

\$50 for the day or free with a Health Care Card - Bookings Essential (limited places)

Please call 9663 6733 or email enquiries@dsrc.org.au for further information.

Bookings Essential. Places fill quickly so early bookings advised.

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