

drummond street's Groups and Seminars Calendar July- December 2010



July and August 2010

Raising Mentally Healthy Kids

This 3 week group explores happiness and good mental health in childhood and adolescence. Lots of practical ideas to help parents bring up kids well and avoid depression and anxiety – or at least know how to intervene early if these things crop up. A positive informal group run by Scott Hall, parenting educator that is always popular.

NO CHARGE

Tuesday nights - 20th July, 27th July and 3^d August, 6pm- 7.30

Bookings essential, call Zoe on 9639 2576

An Australian Government Initiative



Stress Management for Women

A vibrant 3 week group to help women understand why stress occurs and develop practical strategies to manage it in everyday life. Whether its kids, work, general pressures or the whole damn thing – this group will get you back on track. Run by Health psychologist Kristan Braun.

NO CHARGE

***Thursday nights 12th, 19th and 26th of
August***

6- 7:30pm

Bookings essential, call Zoe on 9639 2576

An Australian Government Initiative



September and October 2010

Understanding Anxiety in someone you Care About

These 3 sessions run on Monday nights 6-7.30. 6th 13th and 20th September

Join Kristan Braun an experienced health professional in a journey to understanding why someone may experience anxiety, when it's just a feeling and when it becomes a disorder that needs treatment and how you can assist them towards managing it or recovery. There will be chances to learn, share experiences and develop strategies that will work for you. These workshops will be of use if you have a partner, friend, child or parent with anxiety.

NO CHARGE

Bookings essential, call Zoe
on 9639 2576

Making Stepfamilies Work: couples' course Term 3

2 all day sessions on Saturday 11th and 18th September OR

6 evening sessions on a Tuesday from 3rd of August until 7th of September

This popular couples' course assists participants to renegotiate roles, manage ups and downs of step parenting and make positive plans for the future.

COST: \$295 per couple

Booking is essential so call Kate or Zoe on 9639 2576 (some child care for children under 5 available for the Tuesday night sessions ONLY if booked in advance)

Tantrums and Tiaras

Thursday 23rd September 7-8.30pm

A fun seminar on managing toddler behaviour – how do we make the little devils do at least some of what we want them to do! Also hints on what kids need at this age and how to enjoy it and stay sane because the best thing about having a toddler is that they grow up! A popular **free** seminar at **St Kilda Town Hall** – call the city of Port Phillip to book on 9209 6415



October 2010

My Partner has an Eating Disorder group

Wednesday 13th, 20th, 27th October and 3rd, 10th and 17th November 6-8pm

This 6 week group is run as a partnership between drummond street and the Eating Disorders Foundation of Victoria. 2 experienced facilitators will assist those who live with someone experiencing a disorder to better understand and manage the impacts on the relationship. Some hints on helping people manage their disorder, while still looking after themselves will be woven into a supportive and practical group for education and support.

COST: \$93.50 per person for the 6 week program

and includes free EDV membership for 1 year

Call Helen Franks to book on 9885 6563



Gay Dads Meeting

Runs every 2nd month 6-7.30pm – on the 2nd Tuesday of the Month August 10th, October 12th and 14th December → *Ring James on 0410 548613*



Plus we have the Gay Dads Conference at Richmond Town Hall on 18th and 19th September – call Zoe on 9639 2576 for a program or to book (only \$45 per person or per family)

October and November 2010

Parenting Well After Separation

Monday 4th, 11th, 18th and 25th October 6-7.30pm

This 4 week group presents the important things we need to focus on when helping kids through separation and divorce. It looks at reducing conflict with ex partners, managing feelings of loss and how to instil resilience and get family life back on a happier track. You may even find you are a better parent -Millions have done it – with some help you can too. Come along to our 4 week group and you'll leave feeling stronger and more optimistic.

COST: \$40 covers the 4 weeks FREE with a health care card

Funded by the Australian Government

Call Zoe to book on 9639 2576

Lesbian Parenting

Tuesday 9th, 16th, 23rd and 30th November 6-7.30pm

A supportive 4 week group that discusses the big issues like resilience, raising happy kids, looking after yourself and your relationship, handling possible issues for kids regarding attitude of others, enjoying family life.

COST: \$20 covers the 4 weeks

Or FREE with Health Care Card

December 2010

Working on Your Relationship

Wednesday 1st, 8th and 15th December 6-7.30pm

A popular 3 week group for couples which explores the basics of happy relationships – and helps couples work towards strengthening their bond, communicating better and putting a stop to the same old conflicts. This is a group which requires couples to work together in their pairs and at times report back to the main group- but much of the work will just be between the two of you. Run by experienced couples counsellor

COST: \$35 covers the 3 weeks or FREE with a Health Care Card

Call Zoe to book on 9639 2576

Funded by the Australian Government

