

Keeping It Together

Proudly supported by the **City of Casey**

A **FREE** program for **women** over the age of 18.

A **safe space** to explore **strengthening yourself** and **building healthy relationships** with partners, children, friends and family.

The Keeping It Together Program covers the following modules in an eight week group.

Communication

The module highlights effective communication skills such as active listening, empathy, etc., offering participants tools to better communicate thoughts and emotions in a positive manner.

- 🗨️ Comment – ‘Personally I gained a lot from understanding communication styles. It has really helped me to look at myself and know strategies to change myself in a positive way.’

Assertiveness

Highlights difference between passive, aggressive and assertive behaviour. Provides tools to assert self and make healthy/positive choices in life.

- 🗨️ Comments – ‘I finally have more confidence and ability to talk to others and not feel like I am going to be rejected.’

Women’s Rights/ Women’s Safety

Healthy relationships, survival skills, family violence, referral pathways.

Conflict Resolution

Discusses about conflict and how we as individuals handle conflict. Provides tools for better management of conflict and make informed choices.

- 🗨️ Comment – ‘Conflict resolution together with other modules gave me techniques to work with to improve myself.’

Anger

What is anger? How does it affect us? Discussion of healthy expression of emotion and using tools to manage anger and live a healthy life with self and others.

- 🗨️ Comment – ‘I never thought that I had an issue with anger management; I became aware that I actually do!’

Self Esteem

What is self-esteem? How does self-esteem affect the way we think, feel and behave? How to develop a healthy self-esteem? These questions will be covered in this module.

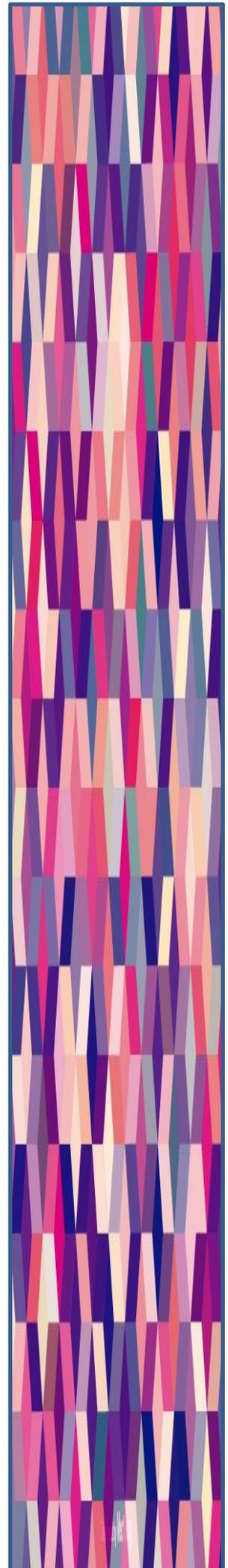
- 🗨️ Comment – ‘It made me understand how important self-esteem is in our daily life.’

Self-Care

What does self-care mean? Do we look after ourselves enough? How can we self-care in a way that is affordable and meaningful for us? These are discussed and idea provided for self-care. A relaxation technique practised at the end as a tool for self-care.

- 🗨️ Comment – ‘I really enjoyed the topic of self-care and getting an understanding about stress, its effects on the person and the ripples it creates. Stress that we can’t push away, but can deal with.’

Managing Your Money, tips and ideas – Session run by our Financial Counsellor



Some quotes from previous participants:

- ☉ Fantastic course, learnt heaps. Thanks for doing a course like this for people who really need it and not charging a fortune. Hopefully made some new friends to keep in contact with and to chat about issues. Thoroughly enjoyed it! Great course for mothers. Thank you for helping the mothers in the community, it is lovely to know there are people out there that care and want to help others.
- ☉ Provided a lot of new ways to evaluate strategies that weren't working and new tools to try to effect change.
- ☉ The course was really worthwhile and the format and structure was excellent! I would happily recommend this course to others.
- ☉ The women were quite fascinated as to how their behaviour change was in turn changing the way their children behaved – facilitator comment.
- ☉ I found this course to be extremely helpful and made me very conscious of things I hadn't realised about myself.
- ☉ It was a lovely private space.
- ☉ The positive changes that I am going through I can actually see in my children.
- ☉ The kids are happier to be around and they seem to notice that I am happier and not angry all the time.
- ☉ I have noticed the unnecessary pressure that I used to put on myself to do everything and to be perfect. I am much happier now knowing that I can be who I am and still like myself. I don't have to be perfect to like myself.
- ☉ I have realised that I am worth it!
- ☉ It gave me 'aha' moments.
- ☉ Found the group provided me an opportunity to value myself and that it is important to stand up for myself.
- ☉ I never thought that I had an issue with anger management; I became aware that I actually do!
- ☉ Importantly learned how to change habits.
- ☉ Learnt a lot which alleviated a little of the guilt I have been carrying and allowed me to recognise physically where I am angry/frustrated. Thank you!
- ☉ Techniques and strategies helped me to understand what I need to do to control myself.
- ☉ I really enjoyed the course. It has improved my life and awareness of myself and how I relate to others.
- ☉ The examples used in delivering the course made it easier to understand the content.
- ☉ Found it very helpful and facilitators were friendly and always kept us entertained.
- ☉ It has also given me the skills to stop and act, rather than react.
- ☉ We [my partner and I] have never communicated this well before – we actually sat down and spoke with each other.
- ☉ The way I talk and the way I present myself is gradually changing as I go through the course and this is having a positive impact within my family as well as with others.
- ☉ I am glad that I did this course when my children are still young. My way of approaching them has changed.
- ☉ I am not blaming the world so much anymore.

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