

RELATEWELL courses

- are for every person who seeks a quality and meaningful life through a quality and meaningful relationship whether it be friendship, marriage or parenting;
- create opportunities for growth within a safe, supportive and trusting environment;
- are committed to protecting and supporting vulnerable and disadvantaged families and children;
- reinforce positive relationships which promote healthy child development, increase resilience and assist in preventing child abuse and neglect;
- aim to build communication skills between parents and children and promote respectful interactions which encourage the development of a child's positive self-identity.
- develop strategies for couples and parents to manage their relationship and their parenting styles despite the increasing pressures on their roles and time; and
- are led by professional Adult Educators with Degrees in Psychology, Social Science, Social Work or Education.

In attending a program, participants will

- have input into both the focus and the process of the program;
- develop an understanding of each others parenting styles and negotiate a common ground between the two;
- explore the way they parent and relate by recognising both their strengths and areas where they desire to make changes;
- explore relationships and well-being on the six cornerstones of thinking freely, feeling deeply, enjoying simply, caring lovingly, living courageously and acting justly; and
- explore and design ways of sharing their needs, taking responsibility for their own needs and supporting each other in meeting these needs.

By working collaboratively with fellow service providers and the community, RELATEWELL will endeavour to

- deliver more integrated and efficient services; and
- ensure all members of the community and families, particularly those considered vulnerable or 'at risk' are able to obtain access to a broad range of services designed to assist them.

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RELATEWELL Courses

Family Relationships Institute Inc.



Programs Promoting Quality Relationships, Positive Parenting and Family / Individual Well-being



The Family Relationships Institute Inc. (RELATEWELL) is a secular not-for-profit educational community agency funded by the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs. It is governed by a Board of Management and specialises in relationship, marriage and family education and counselling.

Understanding the Challenges of Partnering and Parenting

Parenting is challenging and sometimes difficult; nonetheless, with knowledge, know how and practical skills, every parent can enjoy parenting and working towards building a solid foundation for their child's development. Quality parenting takes place when adults have their own lives in balance.

Learn to

- achieve a balance between partnering and parenting and work and family life;
- understand each others parenting styles and reach a common ground;
- motivate children positively through encouragement when they are behaving well and manage common child behavioural problems;
- encourage the development of children's positive self-identity;
- have realistic expectations - all children misbehave at times and endeavouring to be the perfect parent can lead to frustration and disappointment; and
- explore the importance of the partners relationship as a model for childrens relationships.

First Time Mothers Groups

First time mothering is an adventure which challenges the resources of the new mother. It also involves a steep learning curve. While for many women the experience is intensely positive, some new mothers find the first few years of the child's life to be a period of great anxiety, stress and isolation.

Intensive Parenting Skills Program

This parenting skills program is a group program aimed at supporting parents with children aged 0 - 4 years of age who might be considered vulnerable or 'at risk'.

Couples Weekend Workshop

A couples weekend in the magnificent Mt Dandenong Ranges provides an opportunity for couples to communicate and spend time together in a relaxing environment exploring and developing their relationship.

Learn the skills to

- connect and make commitments easier through improved communication; and
- balance relationships and family commitments.

Couples choose to either live-in or non live-in.

The Art of Relating

A program specifically designed for individuals wanting to improve their self-confidence; self-esteem; ability to form friendships and close relationships; and build on existing skills.

Carers Support Group

This program is designed for those who care for seriously intellectually and/or physically disabled adults and/or children. It focuses on the inter-personal dynamics in such households and aims to reduce carer stress and improve carer coping skills.

Young People Caring for Adults Support Program

This program targets young people aged 25 years and under who care and support a family member. Even though caring for someone can be a rewarding experience, it also has many negative impacts on the young carers life such as

- compromised education and incomplete schooling; and
- poor social skills and social, emotional and physical development.

Indigenous Relationships Skills Program

In partnership with Aboriginal Controlled Community Organisations, this program will engage with indigenous men and women by providing them with a relationships skills program aimed at supporting their relationship, their well-being and their children.

The program will explore

- the dynamics of relationships and taking responsibility for own behaviours;
- ways to resolve conflict without violence;
- the intergenerational aspects of violence;
- supporting gender roles and responsibilities;
- parenting and fathers roles; and
- empowerment and personal development.

Relating Well in Mainstream Society

This program aims to assist people from culturally and linguistically diverse (CALD) communities to work on their relationship and parenting; as often, cultural norms within these communities prohibit people from seeking extra-familial support, especially women and children.

This program aims to

- provide a supportive learning environment which encourages men and women to engage and discuss family difficulties; and
- assist partners to embrace traditional values whilst at the same time integrate into the Australian culture.

Professional Development Program: A Strengths Based Approach to Working with Families and Children

A six-week program which enables professionals working in the field of human and community services to work effectively with children, parents and families. The goal of this program is to encourage greater collaboration between service providers by sharing resources.