



Kids in Care

A six-week course for parents whose children are in the care of child protection services to receive support in a safe, supportive and nurturing environment.

Relationships Australia
NEW SOUTH WALES

Regain control in a supportive environment.

Having a child in protection services is not easy for any parent. You may feel shame and blame yourself, or you may feel the judgment of others. Kids in Care is a trauma-informed workshop to help you through loss and grief, as well as develop the tools to manage and overcome difficult emotions.

Kids in Care is your opportunity to:

- Receive support from other parents who have experienced the same situation
- Address issues of grief, stigma, and trauma
- Develop skills in emotional regulation, communication, and assertiveness
- Hear stories of strength and survival
- Learn about the impact of children being removed
- Gain a better understanding of our brains and bodies under stress, and how to manage these emotions.

Program Details

Where: TBD

When: TBD

Cost: FREE

Contact us for more information or to register

Phone: 4940 1500

Address: Relationships Australia Office
4-6 Heddon Rd
Broadmeadow

Managing Strong Emotions

A six-session program offering tools to better deal with powerful emotions that may be causing problems in their lives and relationships.

Relationships Australia
NEW SOUTH WALES

Want to limit the control strong emotions have over your life?

Our emotions are a crucial part of healthy lives and relationships, but at times, we may feel overwhelmed by them. Anger, grief and jealousy are just some of the examples our experienced facilitators can help you manage when they are having a negative impact.

During this group program, you will explore:

- Your understanding of anger
- How feelings of conflict and guilt may affect you
- Methods that offer control of intense emotions
- How effective communication supports your relationships
- The power of apology and forgiveness
- The importance of having a healthy lifestyle.

"I've learned to identify my body's signals when I am becoming emotionally charged and am more mindful as I respond to situations in everyday life."

Managing Strong Emotions participant

Program Details

Where: Face to Face or Online

When: To Be Confirmed

Cost: Fees are determined based on your income at a level affordable to you. No one is turned away because of an inability to pay.

Contact us for more information or to register.

Phone: 4940 1500

Email: REPCentralEnquiries@ransw.org.au

Website: relationshipsnsw.org.au/managing-strong-emotions



Self-Esteem and Communication for Women

An eight-session program for women who have experienced difficulties in relationships, including abuse.

Relationships Australia
NEW SOUTH WALES

Recognise your strengths and regain control over your life.

This program offers women strategies to help develop self-confidence, communication skills and conflict resolution abilities. Sharing and listening to others with similar experiences can make you feel less isolated and our facilitators will provide practical tools to help you build confidence, communication and self-esteem.

This program is designed to help you:

- Better understand yourself and others
- Recognise your strengths, build self-esteem and self-confidence
- Develop clear verbal and non-verbal communication
- Problem-solve and deal with conflict
- Care for yourself
- Practice new skills in a safe environment.

"I've had a massive confidence boost to talk about how I'm feeling and what I need. I am working on being more assertive."

Self Esteem and Communication for Women participant

Program Details

Where: Face to Face

When: TO BE CONFIRMED

Cost: Fees are determined based on your income at a level affordable to you. No one is turned away because of an inability to pay.

Contact us for more information or to register.

Phone: 4940 1500

Email: REPCentralEnquiries@rnswh.org.au

Website: relationshipsnswh.org.au/self-esteem

