

***Centacare Tasmania***  
***Family & Relationship Counselling***  
***Group programs—Hobart***  
***2011***



<p><b>Challenging Abusive Behaviour (CAB)</b>  A voluntary group based program for men wanting to practice more positive and respectful ways of relating to their families and others</p>	<p>Monday evenings  6pm-8pm</p>
<p><b>What's it like being Me!</b>  Living in a step family can be great for some, and really hard for others. This 4 week program is a workshop for young people aged 9 to 16 living in step families.  This program is being run in partnership with Positive Solutions</p>	<p>Tuesday  1/3/11-22/3/11  3.30pm –5pm</p>
<p><b>Think Family, Think Community</b>  An 8 week program promoting Intergenerational family and cultural identity through the sharing of food and playing together. Culminating in a community event in National Families week.</p>	<p>Friday  18/3/11—13/5/11  Community Day:  Friday 20/5/11</p>
<p><b>REAL women's group (Responsible Emotional Awareness for Living)</b>  A ten week group program for women to explore the place of anger in their lives; reduce the suffering that anger may have caused them and their families and enable them to recognise their struggle to control emotions.</p>	<p>Wednesday  23/3/11-1/6/11  10am—12.15pm</p>
<p><b>Engaging Adolescents</b>  A 3 week parenting program for parents with adolescents.</p>	<p>Wednesday  6/4/11—20/4/11  10am—1pm</p>
<p><b>CAMEO</b>  This is an 8 week program that encourages women to explore their past or current relationships in ways that promote safety and well-being.</p>	<p>Wednesday  6/7/11—24/8/11  10am—12.15pm</p>
<p><b>Kid's Express</b>  An 8 week group program to help children understand, manage and express strong emotions</p>	<p>Wednesday  22/6/11-10/8/11  3pm -5pm</p>
<p><b>Parent Effectiveness Training (PET)</b>  An 8 week course for parents to learn how to raise happy, responsible and cooperative children.</p>	<p>Tuesday  28/6/11-16/8/11  5.30-7.30pm</p>
<p><b>Kid's Club / Parkas</b>  A group program for children and parents who have experienced family violence</p>	<p>Kids: Thursdays  22/9/11—24/11/11  3pm—5pm  Parent: Friday  23/9/11—25/11/11  10am-12pm</p>
<p><b>REAL women's group (Responsible Emotional Awareness for Living)</b>  A ten week group program for women to explore the place of anger in their lives; reduce the suffering that anger may have caused them and their families and enable them to recognise their struggle to control emotions.</p>	<p>Wednesday  28/9/11—30/11/11  5pm—7.15pm</p>
<p><b>Marriage &amp; Relationship Education</b>  A 2 day group program for couples who want to develop skills and strategies to build a healthy, thriving relationship</p>	<p>Check website for dates</p>

**For more information & registration contact the Centacare office on 62781660  
or visit our website at [www.centacaretas.com.au](http://www.centacaretas.com.au)**

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***Working with  
Individuals and Families***